

Effectiveness of a computerised cognitive behavioural therapy programme (Overcoming Depression) for patients suffering from depression as compared to a waiting list control group.

Submission date 30/09/2005	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 30/09/2005	Overall study status Completed	☐ Statistical analysis plan
		☐ Results
Last Edited 11/04/2014	Condition category Mental and Behavioural Disorders	☐ Individual participant data
		☐ Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

Protocol serial number

N0573142164

Study information

Scientific Title

Study objectives

Will people receiving Computerised Cognitive Behavioural Therapy (CCBT) show reductions in depressive and anxious symptoms in comparison to those receiving no intervention?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Not Specified

Health condition(s) or problem(s) studied

Mental and Behavioural Disorders: Depression

Interventions

Computerised Cognitive Behavioural Therapy (CCBT) vs no intervention

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Beck Depression Inventory (BDI); Beck Anxiety Inventory; Clinical Outcomes in Routine Evaluation: Hospital Anxiety and Depression Scale.

The BDI is the most frequently used measure for considering the effect size. Drawing on similar previous trials we could expect a reduction in BDI scores of approximately 10 points.

Key secondary outcome(s)

Not provided at time of registration

Completion date

30/06/2004

Eligibility

Key inclusion criteria

Male and female adult out patients who have been referred for specialist cognitive behavioural therapy for treatment of depression.

Participants will have:

1. Primary diagnosis of depression disorder or anxiety.
2. No change in medication for the previous 12 weeks.
3. Willingness to try a trial of CCBT.
4. No evidence of severe depression or suicidal intent.
5. No evidence of current substance abuse.
6. No evidence of organic impairment.
7. Agreement of RMO for participation.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

1. Patients with organic disorders
2. Patients with personality disorder
3. Patients who can not comprehend English

Date of first enrolment

01/06/2003

Date of final enrolment

30/06/2004

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Newcastle Cognitive & Behavioural Therapies Centre

Newcastle upon Tyne

United Kingdom

NE1 6UR

Sponsor information

Organisation

Department of Health

Funder(s)

Funder type

Government

Funder Name

Newcastle, North Tyneside and Northumberland Mental Health NHS Trust (UK), NHS R&D Support Funding

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration