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Psychological interventions for postnatal depression - randomised controlled trial and economic evaluation

Submission date
25/04/2003

Recruitment status
No longer recruiting

Registration date
25/04/2003

Overall study status
Completed

Last Edited
15/05/2020

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
HTA 99/33/51

Study information

Scientific Title

Psychological interventions for postnatal depression - randomised controlled trial and economic evaluation

Acronym
PONDER

Study objectives
The central aim of the study is to assess the costs, effectiveness and broad impact of screening for postnatal depression alongside two counselling interventions, non-directive counselling and cognitive behavioural counselling, delivered by health visitors in their usual clinical setting. Screened women at risk of depression will be interviewed to assess symptom severity. The study will assess effectiveness according to severity, history and duration of depression. The design will reflect the practicalities of primary care service delivery and will ensure that a wide range of effects is identified. In addition, the trial will examine an important practical question, with no loss of statistical power, on the efficiency and value of face-to-face screening by health visitors, compared with postnatal screening.

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)
Screening

Health condition(s) or problem(s) studied
Mental and behavioural disorders: Depression, anxiety, neuroses; Pregnancy and childbirth: Childbirth

Interventions
Non-directive counselling (NDC) v Cognitive Behavioural-type Counselling (CBC) delivered by Health Visitors in their usual clinical setting v standard care

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)

The efficiency and value of face-to-face screening by health visitors, compared with postnatal screening. Women's postal questionnaires, casenotes and activity data will be used to monitor changes in symptoms, health outcomes, hospital admissions, NHS service use, family well-being and infant progress to eighteen months

Key secondary outcome(s)
Not provided at time of registration.

Completion date
31/03/2006

Eligibility

Key inclusion criteria
Women with live babies who will remain with their GP for 4 months

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
Female

Key exclusion criteria
Unable to give informed consent

Date of first enrolment
01/04/2003

Date of final enrolment
31/03/2006

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Research Leader
Huddersfield

United Kingdom
HD1 3DH

Sponsor information

Organisation
Department of Health (UK)

ROR
https://ror.org/03sbpja79

Funder(s)

Funder type
Government

Funder Name
NIHR Health Technology Assessment Programme - HTA (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	15/01/2009		Yes	No
Results article	cost-effectiveness results	01/06/2019	15/05/2020	Yes	No
Other publications	cost-benefit analysis	01/06/2009		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes