

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

Submission date
25/04/2003

Recruitment status
No longer recruiting

Prospectively registered

Protocol

Registration date
25/04/2003

Overall study status
Completed

Statistical analysis plan

Results

Last Edited
15/05/2020

Condition category
Mental and Behavioural Disorders

Individual participant data

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

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