ISRCTN93903959 https://doi.org/10.1186/ISRCTN93903959

A randomised controlled trial of the feasibility and effectiveness of Internet-based interventions for depression in a telephone counselling setting

Submission date
10/04/2008

Recruitment status
No longer recruiting

Registration date
22/04/2008

Overall study status
Completed

Last Edited
19/09/2012

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

Study information

Scientific Title

Study objectives
The aim of this research is to evaluate the effectiveness of Internet-based tools (MoodGYM [http://www.moodgym.anu.edu.au] and BluePages [http://www.bluepages.anu.edu.au]) in the treatment of depression and anxiety among callers to a large, national telephone counselling centre. This project will use a randomised controlled trial to assess 1) whether self-administered online cognitive behaviour therapy and psychoeducation are effective in reducing symptoms of depression and anxiety and 2) whether regular contact from a telephone counsellor optimises the effectiveness of these programs.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Australian National University Human Ethics Committee. Date of approval: 14/03/2007 (ref: 2007/12)

Study design
Stratified, multi-centre, randomised controlled trial. 2 x 2 factorial design.

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Depression and anxiety

Interventions
The participants will be randomly allocated to the following four arms:

Arm 1: MoodGYM, an evidence based depression prevention website based on cognitive behavioural therapy, and BluePages, a website providing evidenced based information on depression.

Arm 2: MoodGYM and BluePages plus weekly telephone contact from a support person.

Arm 3: Attention control condition, in which participants receive weekly telephone contact from a support person to discuss factors associated with depression.

Arm 4: "Treatment as usual" control condition, in which participants access telephone counselling as usual.

Duration of interventions: 6 weeks

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
The following will be assessed at pre-intervention, post-intervention, and 6 and 12 months post-intervention:
1. Depression, as measured by the Centre for Epidemiological Studies Depression Scale
2. Anxiety, as measured by the Depression Anxiety and Stress Scales

Key secondary outcome(s)
The following will be assessed at pre-intervention, post-intervention, and 6 and 12 months post-intervention:
1. Dysfunctional thoughts (Automatic Thoughts Questionnaire)
2. Personal stigma, assessed by a scale developed by the researchers of this study
3. Beliefs about the Internet, assessed by the items developed by the researchers of this study
4. Mental health literacy, assessed by the items developed by the researchers of this study
5. Help-seeking, assessed by the items developed by the researchers of this study
6. Depression literacy, assessed by the items developed by the researchers of this study
7. Cognitive behaviour therapy literacy, assessed by the items developed by the researchers of this study
8. Alcohol use, measured by the Alcohol Use Disorders Identification Test
9. Quality of life, assessed by the European Health Interview Survey 8 (EUROHIS-8)
10. Suicidal ideation, assessed using four items from the 28-item General Health Questionnaire (GHQ-28)

Completion date
31/12/2008

Eligibility

Key inclusion criteria
Callers to a national telephone counselling service who:
1. Are aged 18 years or older, both men and women
2. Consent to participate
3. Are English-speaking
4. Have access to the Internet at least once a week
5. Obtain a score of 22 or above on the Kessler Psychological Distress Scale (K-10)

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
All

Key exclusion criteria
Individuals who:
1. Report a history of schizophrenia, psychosis or bipolar disorder
2. Are currently receiving cognitive behavioural therapy
3. Have a reading impairment

Date of first enrolment
01/07/2007

Date of final enrolment
31/12/2008

Locations

Countries of recruitment
Australia

Study participating centre
Centre for Mental Health Research
Canberra, ACT
Australia
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Sponsor information

Organisation
The Australian National University (Australia)

ROR
https://ror.org/019wvm592

Funder(s)

Funder type
Government

Funder Name
Australian Research Council, Linkage Grant (ref: LP0667970)

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	secondary outcomes results	27/06/2012		Yes	No
Other publications	evaluation of recruitment challenges	01/12/2010		Yes	No
Other publications	effectiveness of internet-based interventions	01/12/2011		Yes	No