

Cognitive behaviour therapy versus Self-examination therapy with depressive symptomatology.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON20222

Source

NTR

Brief title

DOC

Health condition

Three conditions:

1. self-help course 'Self-examination therapy (SET);
2. self-help course 'Color your life';
3. a waitinglist-control group.

Sponsors and support

Primary sponsor: Vrije University Amsterdam, Department of Clinical Psychology

Source(s) of monetary or material Support: Vrije University Amsterdam, Department of Clinical Psychology

Intervention

Outcome measures

Primary outcome

Depressive symptom level will be measured with the Center for Epidemiological Studies Depression scale (CES-D).

Secondary outcome

1. Quality of life is measured by the Euroqol;
2. Anxiety symptoms are measured by the anxiety subscale of the Hospital Anxiety and Depression Scale (HADS);
3. Dysfunctional cognitions are measured by the Dysfunctional Attitude Scale (DAS);
4. Worrying is measured by the Penn State Worry Questionnaire (PSWQ);
5. Problem solving skills are measured by the Social Problem Solving Skills-Revised (SPSI-R);
6. Mastery is measured by the Mastery Scale;
7. Absence at work and use of healthcare are measured by the TIC-P.

Study description

Background summary

Depression is highly prevalent: More than 15% of the adult population under 65 had major depression in their history according to DSM-III-R criteria. Minimal interventions are effective in the treatment for depression. The purpose of this study is to investigate the efficacy of two minimal interventions with adults reporting elevated depressive symptoms. The two interventions are cognitive-behavioural therapy (Color your life) and self-examination therapy.

People will be recruited through advertisements in local newspapers and websites. Inclusion criterion is a score of 16 or higher on the Center for Epidemiological Studies Depression scale (CES-D). Participants are assigned on a random basis to the two treatment conditions and a delayed-treatment condition. Both interventions are delivered through computer administration. During the interventions respondents receive support by email. Respondents in the delayed-treatment condition receive the interventions three months later. Data are collected at baseline and at 5 weeks, 8 weeks, 12 weeks and 9 months after baseline. Data are collected by email.

Study objective

Cognitive behaviour therapy and Self-examination therapy are both more effective in reducing depressive complaints than a waiting list control group.

Study design

N/A

Intervention

The cognitive-behavioural intervention is called Color your life (Kleur je leven). This intervention consists of 8 lessons (1 lesson a week). Four weeks later, the 9th lesson takes place. The intervention focuses on increasing pleasurable activities, increasing social skills and decreasing dysfunctional cognitions.

Self Examination Therapy is based on problem solving therapy. We use the Dutch version, called 'Alles onder controle'. This intervention takes 5 weeks. During this intervention participants determine what matters to them, think less negatively about things that do not matter to them, invest their energy in things that are important to them (by using problem-solving strategies) and accept situations they cannot change.

Both interventions are computer-based.

Contacts

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Eligibility criteria

Inclusion criteria

Score of 16 or higher on the Center for Epidemiological Studies Depression scale (CES-D).

Exclusion criteria

N/A

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-10-2006
Enrollment:	300
Type:	Actual

Ethics review

Positive opinion

Date: 07-11-2006

Application type: First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL791
NTR-old	NTR804
Other	: N/A
ISRCTN	ISRCTN16823487

Study results

Summary results

N/A