

Cognitive Therapy vs. Interpersonal Therapy for depression; Effectiveness, Relapse Prevention and Mechanisms of Change.

No registrations found.

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

Summary

ID

NL-OMON24081

Source

NTR

Brief title

STEP-D

Health condition

cognitive behaviour therapy (CBT), n=75
interpersonal therapy (IPT), n=75
8-week waiting list, n=30

Sponsors and support

Primary sponsor: Maastricht University
Academic Riagg Maastricht

Intervention

Outcome measures

Primary outcome

Depressive relapse/recurrence in the course of 24 months.

Secondary outcome

1. Severity of depression (BDI);
2. Psychological problems;
3. Health care consumption;
4. Explicit and implicit mechanism of change measures.

Study description

Background summary

Although psychotherapy and antidepressants seem to help initially, many depressed patients suffer from relapse and recurrence. Recent findings suggest cognitive behaviour therapy (CBT) may reduce that risk in the long-term, but the mechanisms of change that prevent relapse and recurrence are still unknown. We will be the first to study the effectiveness of CBT compared to interpersonal therapy (IPT) for residual depression after initial treatment (reduction of symptoms; prevention of relapse and recurrence) and the underlying mechanisms of change (explicit and implicit measures). Participants will partly be recruited from an ongoing treatment study in primary care. These patients with residual depression will be offered psychotherapy (CBT or IPT) at our clinical site.

Study objective

Are CBT and IPT following initial treatment effective interventions that prevent relapse of recurrence of depression in the long-term? What are the mechanisms of change in CBT and IPT?

Intervention

Cognitive behaviour therapy (CBT), N=75;
Interpersonal therapy (IPT), N=75
8-week waiting list, N=30.

CBT= max. 20 sessions

IPT= max. 20 sessions

All interventions are delivered by qualified therapists under supervision at the Academic Riagg Maastricht.

Contacts

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Eligibility criteria

Inclusion criteria

1. One or more episodes of MDD in past two years;
2. Initial treatment for depressive symptoms;
3. Residual symptoms of depression ($BDI \geq 10$).

Exclusion criteria

1. Chronic depression;
2. Concurrent treatment for depression;
3. Severe co-morbidity;
4. Medical conditions that explain depressive symptoms.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-08-2006
Enrollment:	180
Type:	Actual

Ethics review

Positive opinion	
Date:	13-12-2006
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	NL825
NTR-old	NTR838

Register

Other
ISRCTN

ID

: N/A
ISRCTN67561918

Study results

Summary results

N/A