The effectiveness of blended treatment for depression: combining face-to-face and online therapy

No registrations found.

Ethical review	Not applicable
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON25452

Source
Nationaal Trial Register

Health condition

Depression, major depressive disorder.

Sponsors and support

Primary sponsor: VU University Amsterdam, GGZ inGeest
Source(s) of monetary or material Support: European Community's Seventh Framework Program (EU-FP7)

Intervention

Outcome measures

Primary outcome

Level of depressive symptoms (PHQ-9)

Secondary outcome

Depressive Symptomatology (QIDS)

Diagnosis of depression and comorbid disorders (M.I.N.I.)
Health-related quality of life (EQ-5D)
Patients' treatment preference
Patients' expectancy (CEQ)
Patients' satisfaction (CSQ-8, SUS)
Working alliance (WAI, WAI-online therapy)
Costs-effectiveness of bCBT (using TiC-P)

Study description

Background summary

In this study, a randomized controlled trial will be conducted comparing blended Cognitive Behavioural Therapy (bCBT) to treatment as usual (TAU), among patients referred to specialised mental healthcare with a diagnosis of major depressive disorder (MDD) in The Netherlands. The study is part of a large European project (“European Comparative Effectiveness Research on Internet-Based Depression Treatment” (E-COMPARED); www.ecompared.eu), carrying out comparable trials in eight countries.

Study objective

Blended depression treatment is as effective as regular treatment, but teh blended treatment is more cost-effective.

Study design

Baseline, 3, 6 and 12 months

Intervention

Blended Cognitive Behavioural Therapy (bCBT): combines individual face-to-face CBT with CBT delivered through an Internet-based treatment platform (ICT4Depression). This platform is connected to a mobile phone application which will be used for the monitoring of patients mood state (ecological momentary assessment: EMA) and automated feedback and motivational messages (ecological momentary intervention: EMI). Eighteen alternating face-to-face and online sessions will be delivered over a period of 18-20 weeks.

Treatment as ususal (TAU): the routine care that subjects receive when they are treated for depression in specialised mental healthcare.

Contacts

Public
L Kemmeren
A.J. Ernsstraat 1187

Amsterdam 1081HL
The Netherlands
020-7884527
Scientific
L Kemmeren
A.J. Ernsstraat 1187

Amsterdam 1081HL
The Netherlands
020-7884527

Eligibility criteria

Inclusion criteria

- Being 18 years of age or older.
- Meet DSM-IV diagnostic criteria for MDD as confirmed by the telephone administered MINI International Neuropsychiatric Interview version 5.0 and a score of 5 or higher on the PHQ-9 screening questionnaire.
- Provide signed informed consent.

Exclusion criteria

- Having current high risk for suicide according to the M.I.N.I. Interview section C.
- Having serious psychiatric co-morbidity as established in the M.I.N.I. interview, i.e. bipolar affective disorder, psychotic illness, substance dependence and obsessive compulsive disorder.
- Currently receiving psychological treatment for depression in primary or specialised mental health care.
- Being unable to comprehend the spoken and written Dutch language.
- Not having access to an internet connection.
- Not willing to carry an Android smartphone during the duration of treatment.

Study design

Design

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

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	01-03-2015
Enrollment:	150
Type:	Anticipated

Ethics review

Not applicable

Application type:	Not applicable

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	NL4838
NTR-old	NTR4962
Other	Grant agreement nr for Collaborative Project, funded by EU-FP7 : 603098

Study results