Psychotherapy for residual depression following initial treatment: effectiveness, relapse prevention and mechanisms of change

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To compare the effectiveness of CBT versus IPT in the prevention of future relapse among residually depressed patients who received initial treatment. Our research questions: Are CBT and IPT following initial treatment effective interventions that...

Ethical review	Approved WMO
Status	Recruiting
Health condition type	Mood disorders and disturbances NEC
Study type	Interventional

Summary

ID

NL-OMON30225

Source
ToetsingOnline

Brief title
Psychotherapy for residual depression following initial treatment

Condition

- Mood disorders and disturbances NEC

Synonym
depression, mood disorder

Research involving
Human

Sponsors and support

Primary sponsor: Universiteit Maastricht

Source(s) of monetary or material Support: Ministerie van OC&W

Intervention

Keyword: cognitive behaviour therapy, depression, mechanisms of change, relapse prevention

Outcome measures

Primary outcome

Depressive relapse/recurrence over the course of two years.

Secondary outcome

Severity of depressive symptoms; episodes of major depression according to the

DSM-IV; other Axis I and Axis II disorders according to the DSM-IV;

psychological problems; health care consumption; social functioning; patient

perspectives; mechanism of change variables (explicit and implicit); genetic

material (buccal mucous membrane).

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).

Study objective

To compare the effectiveness of CBT versus IPT in the prevention of future relapse among residually depressed patients who received initial treatment. Our research questions: Are CBT and IPT following initial treatment effective interventions that prevent relapse or recurrence of depression in the

long-term? What are the underlying psychological mechanisms of change in CBT, compared to IPT? Do genetic variations in polymorphisms modify the short and long-term efficacy of CBT and IPT?

Study design

Randomized trial with three groups: CBT (n=75), IPT (n=75) and an 8-week waitinglist condition (n=30)

Intervention

Cognitive behaviour therapy (CBT) and interpersonal therapy (IPT). CBT and IPT will be offered at our clinical site (Riagg Maastricht). Both interventions are written out in a treatment manual, will be delivered by qualified therapists and will both contain 18 sessions and two booster sessions.

Study burden and risks

Participants will have to visit the research centre twice, and will spend approximately 20 hours filling out questionnaires or being interviewed over the course of 24 months. Part of the assessments is a clinical interview at the beginning of the study and at the end of follow-up, and a computer task in an observation laboratory. No risks are involved in participation.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

depressive symptoms (BDI > 10)

Exclusion criteria

concurrent treatment for depressive symptoms

Study design

Design

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

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	01-02-2007
Enrollment:	180
Type:	Actual

Medical products/devices used

Registration:	No

Ethics review

Approved WMO Date:	05-12-2006
Application type:	First submission
Review commission:	METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

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
CCMO	NL14107.068.06