

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

Gepubliceerd: 07-11-2006 Laatste bijgewerkt: 13-12-2022

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

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20222

Bron

NTR

Verkorte titel

DOC

Aandoening

Three conditions:

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

Ondersteuning

Primaire sponsor: Vrije University Amsterdam, Department of Clinical Psychology

Overige ondersteuning: Vrije University Amsterdam, Department of Clinical Psychology

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

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

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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

Onderzoeksopzet

N/A

Onderzoeksproduct en/of interventie

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.

Contactpersonen

Publiek

VU University Medical Center, FPP
Department of Clinical Psychology,
Van der Boechorststraat 1
E.H. Warmerdam
Van der Boechorststraat 1
Amsterdam 1081 BT
The Netherlands
+31 (0)20 5988959

Wetenschappelijk

VU University Medical Center, FPP
Department of Clinical Psychology,
Van der Boechorststraat 1
E.H. Warmerdam
Van der Boechorststraat 1
Amsterdam 1081 BT
The Netherlands
+31 (0)20 5988959

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

N/A

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-10-2006
Aantal proefpersonen:	300
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	07-11-2006
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

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

Resultaten

Samenvatting resultaten

N/A