

On-line: Web-based Cognitive Behavioural Therapy (CBT) for Diabetic Adults with Minor to Moderately Severe Depression. A Randomised Controlled Trial.

Gepubliceerd: 16-10-2006 Laatste bijgewerkt: 13-12-2022

The on-line intervention will prove to be significantly more effective in improving mood and reducing diabetes-related distress in diabetes patients with minor to moderately severe depression compared to the control condition (CAU, supplementend...

Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aanpak	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20703

Bron

NTR

Verkorte titel

ODDS (Online Depression in Diabetes Study)

Aandoening

Minor to moderately severe depression; Diabetes Mellitus Type 1 or Type 2

Ondersteuning

Primaire sponsor: VU University Medical Center

Overige ondersteuning: Dutch Diabetes Research Foundation

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Primary outcomes are depressive symptoms and diabetes-related distress.

Toelichting onderzoek

Achtergrond van het onderzoek

Depression is common among people with diabetes, negatively affecting quality of life, treatment adherence and diabetes outcomes. For diabetes patients access to mental health services is limited and internet counseling is a potentially effective way to provide psychosocial care to large groups of patients at low costs. In this study we aim to deliver a moderated web-based 12-weeks program to adults with minor to moderately severe depression, and test its efficacy and appreciation. The program is based on the successful program Coping with Depression ('In de put, uit de put'), that will be tailored to the needs of persons living with diabetes. The program is offered on an individual basis, with a weekly moderated group chat (forum). We propose a RCT in 180 patients (90/90), with measurements at baseline, 3 and 6 months after completion of the program. Primary outcomes are depressive symptoms and diabetes-related distress. Secondary outcomes are satisfaction with the program, perceived health status, self-care, glycaemic control, days in bed/absence from work, and mental health care consumption. Questionnaires are administered via the internet. Patients in the control condition receive care-as-usual, supplemented with minimal depression education. We hypothesize that the on-line intervention will prove to be significantly more effective in improving mood and reducing diabetes-related distress in diabetes patients with minor to moderately severe depression compared to the control condition, both at 3 and 6 month follow-up.

Doel van het onderzoek

The on-line intervention will prove to be significantly more effective in improving mood and reducing diabetes-related distress in diabetes patients with minor to moderately severe depression compared to the control condition (CAU, supplementend with information on depression) both at 3 and 6 month follow-up.

Onderzoeksproduct en/of interventie

A moderated web-based 12-weeks program to adults with minor to moderately severe depression. The program is based on the successful program Coping with Depression ('In de put, uit de put'), that will be tailored to the needs of persons living with diabetes.

Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. 18 – 75 years of age;
2. Type 1 or type 2 diabetes (diagnosed by physician);
3. Minor to moderate depression (CES-D>16);
4. Easy acces to the Internet.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Loss of significant other < previous 6 months;

2. History of suicide attempts;
3. Insufficient Dutch language skills;
4. Visually too impaired to read;
5. Major depressive disorder;
6. Currently taking anti-depressant medication;
7. Co-morbid organic psychiatric disorder;
8. Alcohol or drug addiction.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-10-2006
Aantal proefpersonen:	200
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	16-10-2006
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	NL782
NTR-old	NTR793
Ander register	MEC : 2007/047
ISRCTN	ISRCTN24874457

Resultaten

Samenvatting resultaten

N/A