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

Gepubliceerd: 13-12-2006 Laatst bijgewerkt: 18-08-2022

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?

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

Samenvatting

ID

NL-OMON24081

Bron
NTR

Verkorte titel
STEP-D

Aandoening

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

Ondersteuning

Primaire sponsor: Maastricht University
Academic Riagg Maastricht

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Depressive relapse/recurrence in the course of 24 months.

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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?

Onderzoeksproduct en/of interventie

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.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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

Onderzoeksopzet

Opzet

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

Deelname

Nederland

Status:	Werving gestopt
(Verwachte) startdatum:	01-08-2006
Aantal proefpersonen:	180
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies

Datum:	13-12-2006
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	NL825
NTR-old	NTR838

Register	ID
Ander register	: N/A
ISRCTN	ISRCTN67561918

Resultaten

Samenvatting resultaten

N/A