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

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

Ethische beoordeling	Niet van toepassing
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON25452

Bron
Nationaal Trial Register

Aandoening

Depression, major depressive disorder.

Ondersteuning

Primaire sponsor: VU University Amsterdam, GGZ inGeest
Overige ondersteuning: European Community's Seventh Framework Program (EU-FP7)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Level of depressive symptoms (PHQ-9)

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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

Onderzoeksopzet

Baseline, 3, 6 and 12 months

Onderzoeksproduct en/of interventie

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.

Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- 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.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- 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.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek

Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-03-2015
Aantal proefpersonen:	150
Type:	Verwachte startdatum

Ethische beoordeling

Niet van toepassing

Soort:	Niet van toepassing

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

Resultaten