

# A randomised controlled trial of Internet based cognitive behavioural psychotherapy for depression

<b>Submission date</b> 13/08/2004	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
<b>Registration date</b> 08/11/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 14/09/2009	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Dr David Kessler

### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N/A

## Study information

### Scientific Title

### Study objectives

To evaluate the clinical and cost effectiveness of Internet based cognitive behavioural therapy (webCBT) for depression compared to a waiting list control in primary care. A qualitative study will be done as part of the trial to assess the acceptability of the intervention to patients and health care providers.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Not provided at time of registration

### Study design

Randomised controlled trial

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Other

### Study type(s)

Treatment

### Participant information sheet

### Health condition(s) or problem(s) studied

Depression

### Interventions

Intervention: Up to eight one hour sessions of cognitive behavioural therapy (CBT) delivered online by a qualified psychologist.

Control: The control group will be on a waiting list for CBT of 8 months and will receive 'usual care' from their GP. This may include pharmacological treatment but will not include psychotherapy.

### Intervention Type

Other

**Phase**

Not Specified

**Primary outcome measure**

The Beck depression inventory score at 2 months adjusted for baseline.

**Secondary outcome measures**

EQ5D and SF-12 at 8 months

**Overall study start date**

01/10/2005

**Completion date**

30/09/2008

## Eligibility

**Key inclusion criteria**

Patients with GP diagnosed depression in primary care. Diagnosis must be confirmed by standardised psychological measure.

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Not Specified

**Target number of participants**

470

**Key exclusion criteria**

Does not match inclusion criteria

**Date of first enrolment**

01/10/2005

**Date of final enrolment**

30/09/2008

## Locations

**Countries of recruitment**

England

United Kingdom

**Study participating centre**  
**Division of Primary Care**  
Bristol  
United Kingdom  
BS6 6JL

## **Sponsor information**

### **Organisation**

University of Bristol (UK)

### **Sponsor details**

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### **Sponsor type**

University/education

### **ROR**

<https://ror.org/0524sp257>

## **Funder(s)**

### **Funder type**

Charity

### **Funder Name**

BUPA Foundation (UK) (ref: 683/G14)

### **Alternative Name(s)**

### **Funding Body Type**

Private sector organisation

### **Funding Body Subtype**

Trusts, charities, foundations (both public and private)

## Location

United Kingdom

# Results and Publications

## Publication and dissemination plan

Not provided at time of registration

## Intention to publish date

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	22/08/2009		Yes	No