

Internet-based treatment for adults with depression

A randomized controlled trial

Research Programme >

Common Mental Disorders

Lisanne Warmerdam

Annemieke van Straten

Pim Cuijpers

VU university medical center



Introduction

- Internet-based self-help can be effective
- Mostly based on CBT
- PST also effective, but few studies evaluated PST in an Internet format
- Objective of this study:
 - Evaluating the effectiveness of two Internet-based self-help treatments (CBT and PST) in comparison to a waiting list control group
- Relevance: few studies about Internet-based treatment, PST good alternative

Method

- RCT, 3 conditions (CBT, PST and WL)
- Sample size determined at n=300
- Recruitment via advertising
- Main inclusion criterion: 16 or > on the CES-D
- 5 measurements (baseline, after 5, 8, 12 weeks and after 9 months)
- weekly support by e-mail
- measures (also secondary and mediating outcomes)

Method: intervention

CBT

- Based on Coping with Depression course
- 8 lessons, one lesson a week (9th lesson after twelve weeks)

PST

- Expanded version of Self-Examination Therapy
- 5 lessons, one lesson a week

Results: participant flow

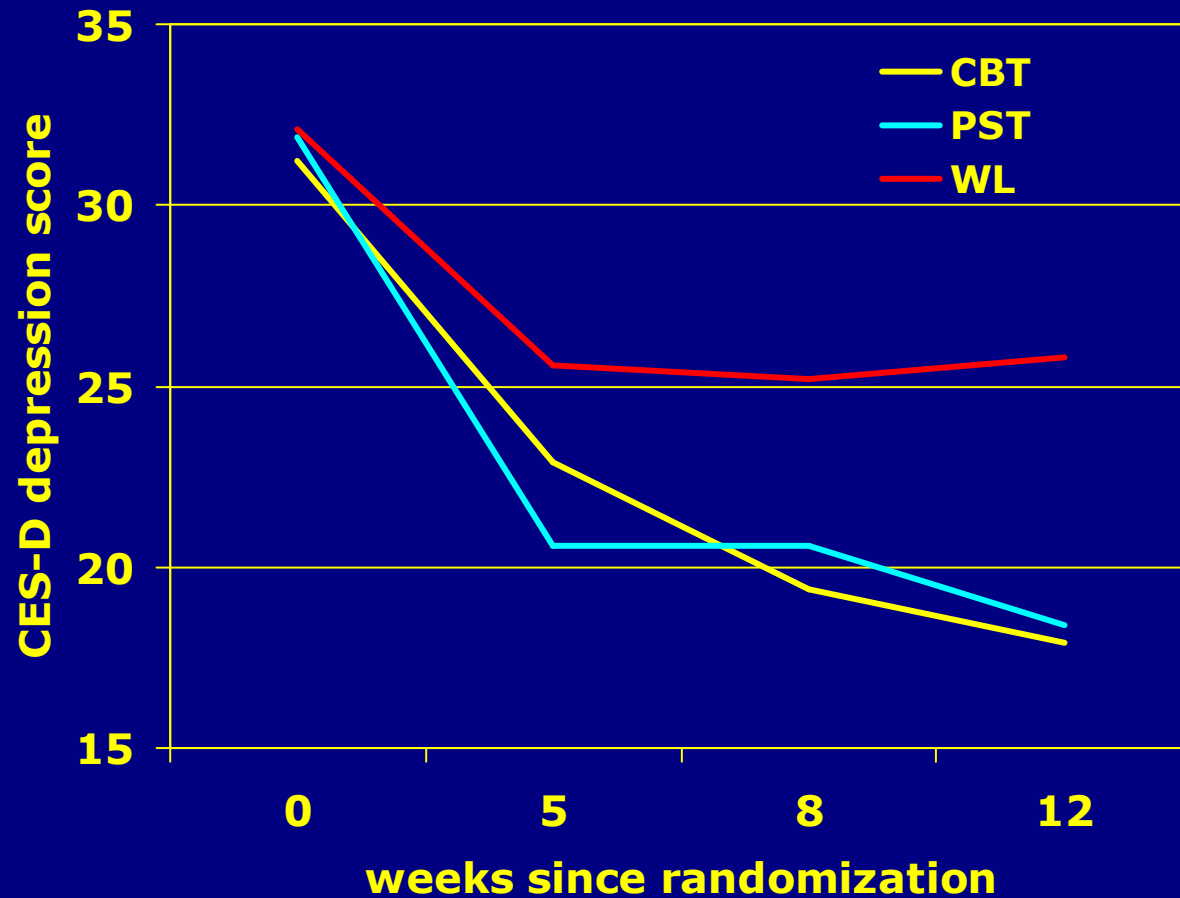
- 338 applications
 - ➔ 64 no baseline measurement and/or IC
- 274 completed baseline measurement
 - ➔ 11 didn't meet inclusion criteria
- 263 randomized
 - CBT: N=88
 - PST: N=88
 - WL: N=87

Results: some characteristics

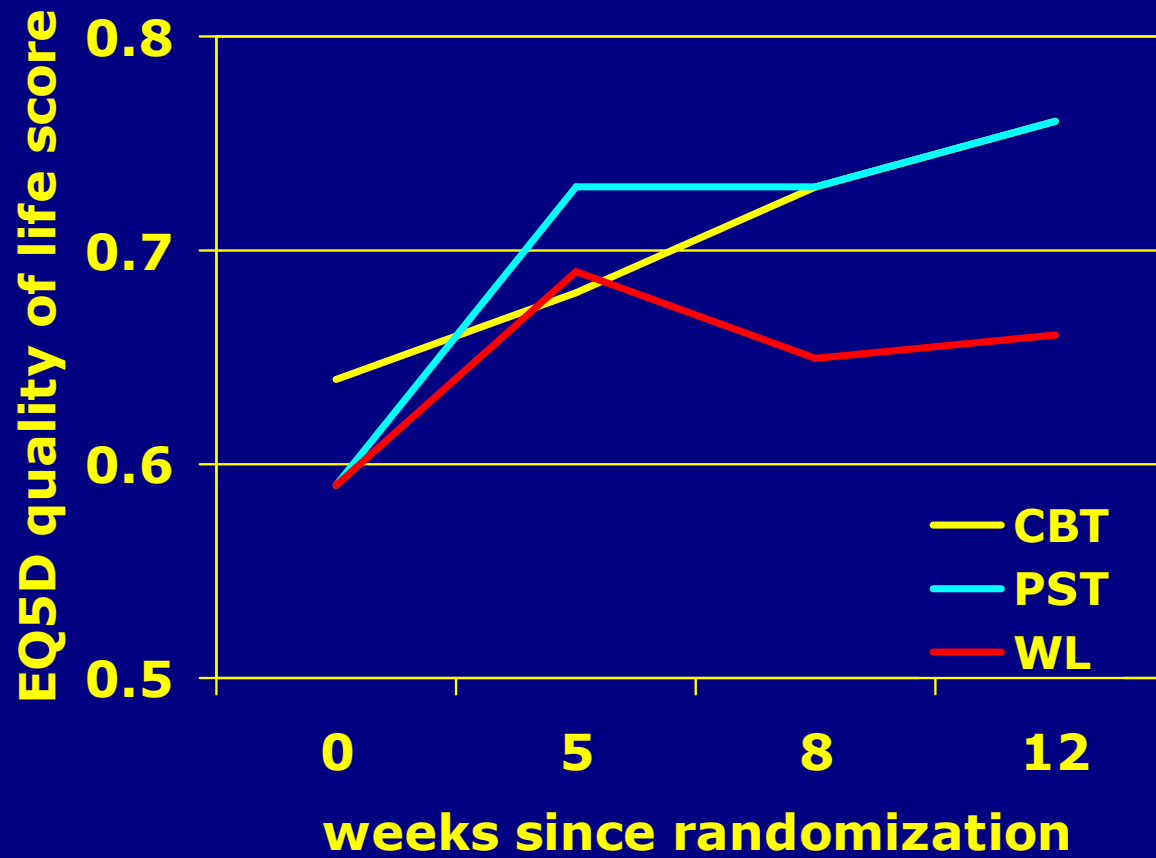
- Mean age: 45 years
- % female: 71.1
- % higher educated: 63.9

- Mean CES-D at baseline: 31.7
- % CES-D \geq 32: 46.8%

Results: depression



Results: quality of life



Results: effect sizes (Cohen's *d*)

Depression

- CBT versus WL after 8 weeks: 0.56
- PST versus WL after 5 weeks: 0.62

Quality of life

- CBT versus WL after 8 weeks: 0.31
- PST versus WL after 5 weeks: 0.46

Results: % clinical significant change

	5 weeks	8 weeks	12 weeks
CBT	23.0	45.1	43.5
PST	42.3	41.2	45.2
WL	15.5	23.9	17.5

Conclusions

- Both CBT and PST are effective compared to WL
- No differences between the conditions
 - Long term results have to be analyzed
 - Other outcomes + mediating variables
 - Cost-effectiveness