

The KLARA-project

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Article on its way...

- Vernmark, K., Lenndin, J., Bjärehed, J., Öberg, J., Karlsson, J., Carlsson, M., Eriksson, T., Carlbring, P. & Andersson, G. (In preparation). Internet-delivered email and self-help CBT-treatment for depression: a randomised controlled study.

Purpose of the study

- RCT, depression, Internet-delivered treatment, CBT
- To try "pure" email-treatment
- Differentiate between Internet-delivered self-help treatment and email treatment
- Collect more data on the existing self-help program

Email treatment

- No published (!?) RCT-studies on "pure" email treatments
- Many studies on Internet-delivered self-help programs have added email contact with a therapist, but the time spent with each participant is not always specified

Exclusion/inclusion

- 15-30 MADRS-S
- Major depression as primary diagnose (SCID-I)
- Age between 18-65
- No ongoing other treatment
- Unchanged medication within the last month
- No suicidal intention (item 9 on MADRS-S)

Method

- 88 participants
- 3 groups: email, self-help, control
- Treatment during 8 weeks
- Control group received treatment after 8 weeks
- 6 therapists

Self-help program

- 7 text modules. A total of 93 pages (including "homework" = 114)
- CBT methods

Based on:

- *Control your depression* by Lewinsohn, Munoz, Youngren and Zeiss (1986).
- *Feeling good: the new mood therapy* by Burns (1999).
- *Depression in context: strategies for guided action* by Martell, Addis and Jacobson (2001).
- *Internet-based treatment for insomnia: a controlled evaluation* by Ström, Pettersson and Andersson (2004).

Self-help program

- The mean number of modules completed during the 8 weeks of treatment was 6
- The average time spent by therapists on each participant was 53 minutes

Email treatment

- A manual was created based on relevant CBT methods regarding depression (functional analysis, behavioral activation, cognitive restructuring, goal setting, etc)
- The manual was a framework for doing individualised treatment

Email treatment

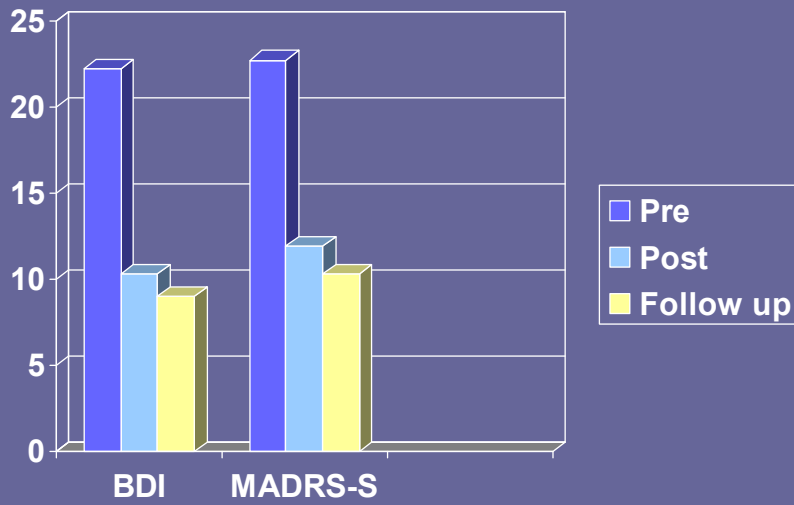
- The mean number of treatment mails during the 8 weeks of treatment was 8
- The average time spent by therapists on each participant was 509 minutes

Control group

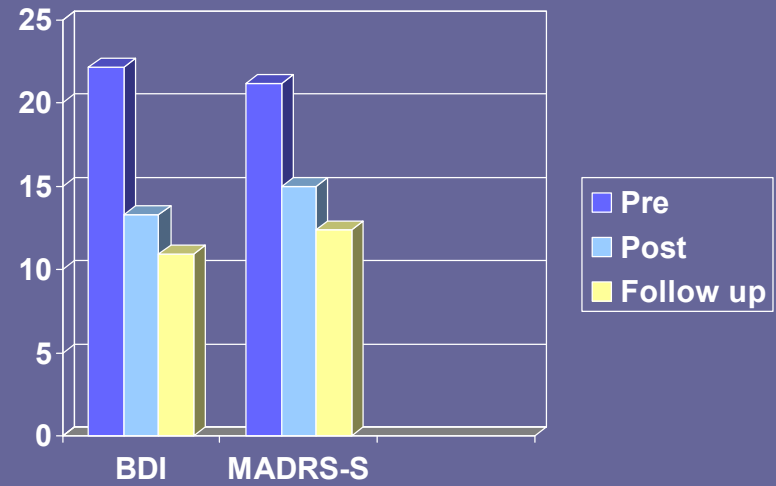
- Waiting list
 - Had a contact person
 - Were interviewed before and after a 8 week period
 - MADRS-S screening for suicidal intention
 - Treatment after 8 weeks

Results

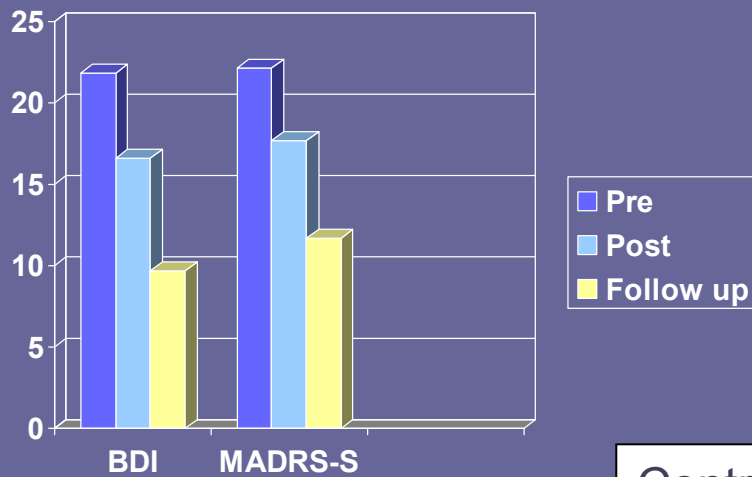
- Pre, post and 6-month follow up
- BDI, MADRS-S, BAI, QOLI, SCID-I, CGI



Email



Self-help



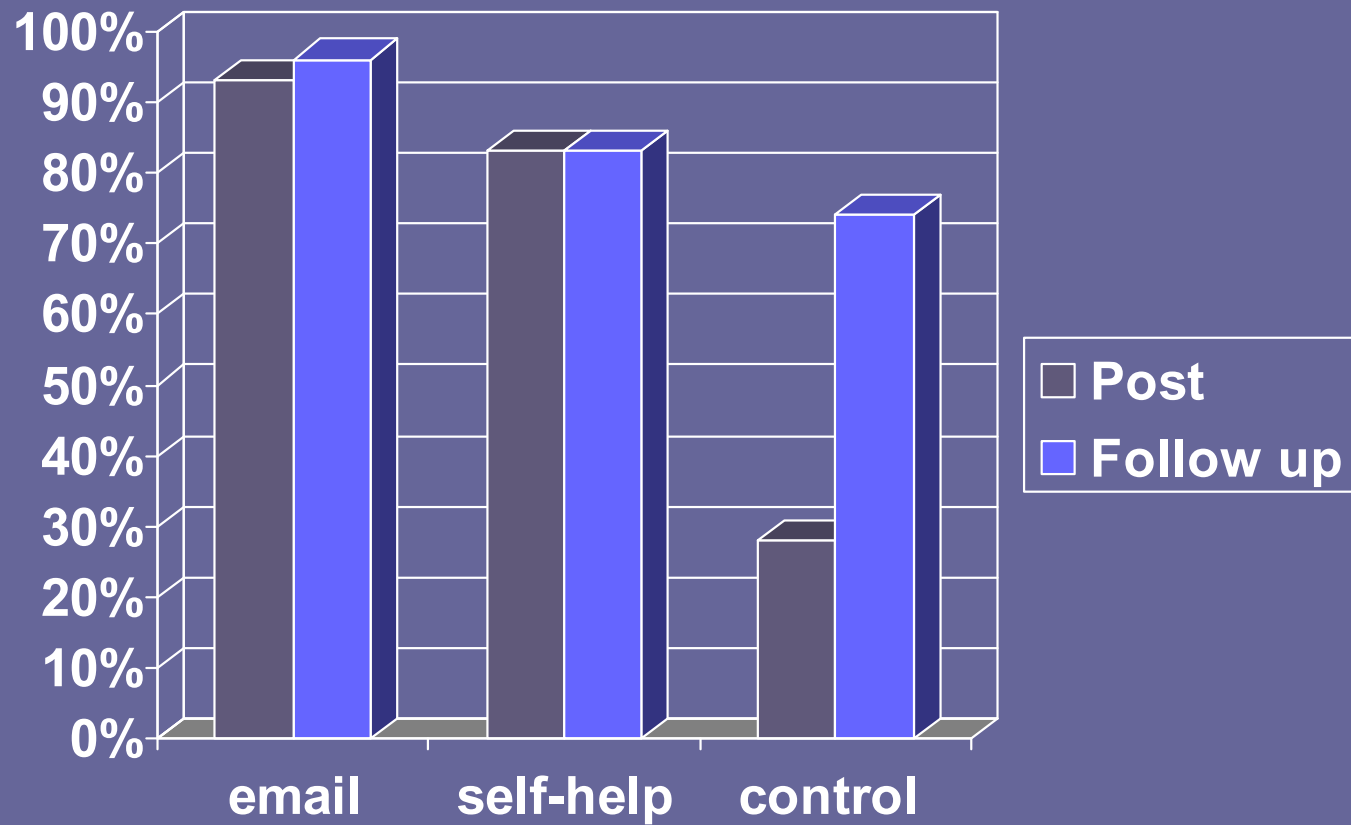
Control (self-help)

Effect sizes

Cohen's <i>d</i>	Email	Self-help
Pre-post	2.27	1.46
Pre-follow up	2.42	1.56 (combined)
Email - control	0.96	
Self-help - control	0.56	

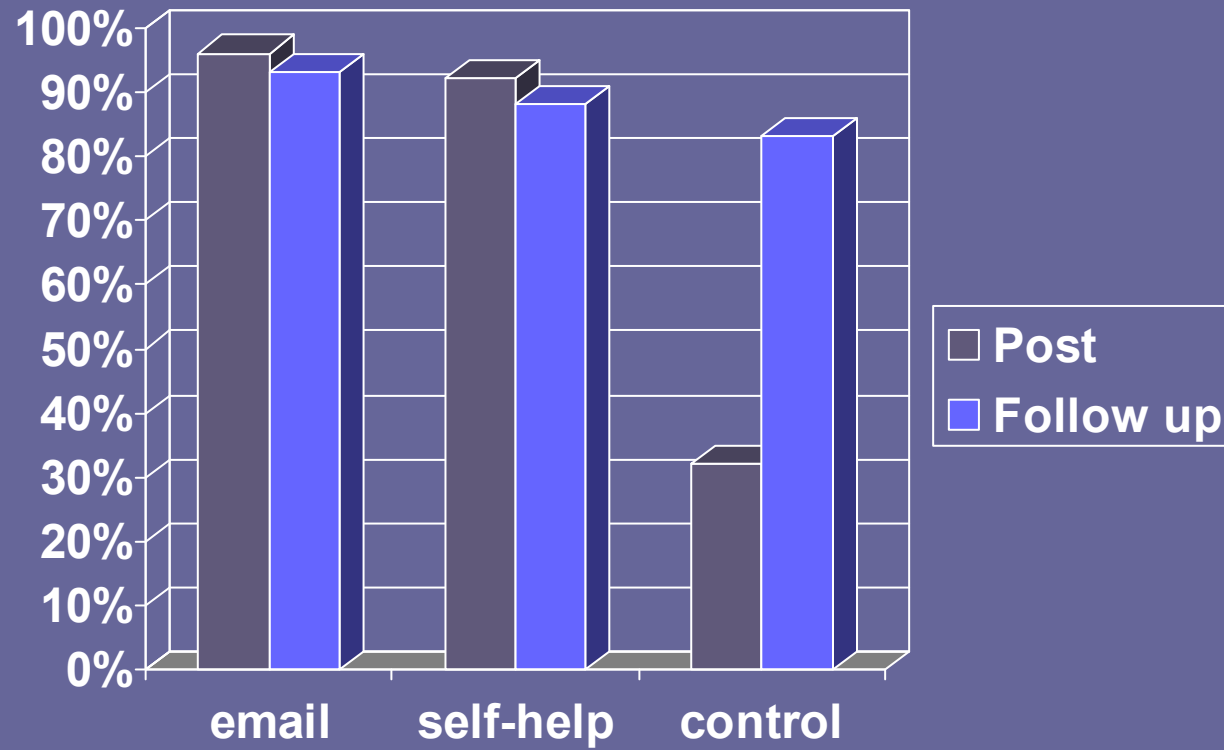
SCID-I

Did not fulfill the criteria for major depression according to SCID-I



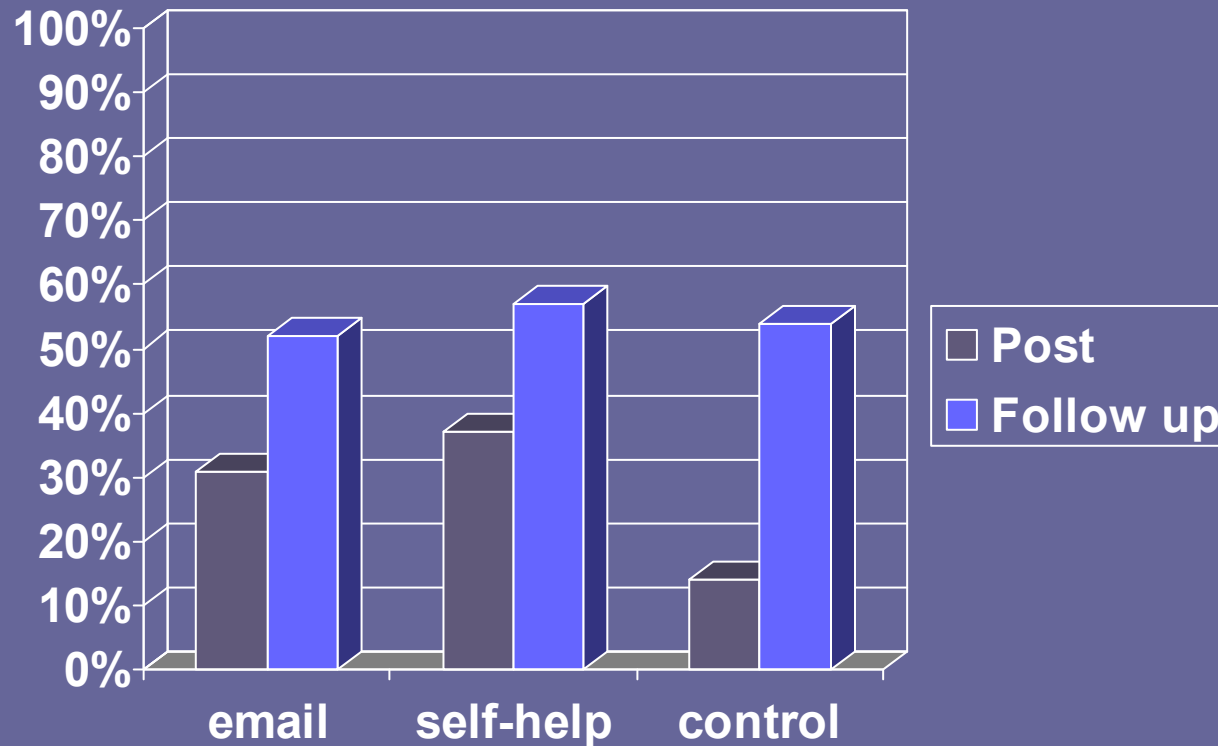
CGI

Very much, much or minimal improvement



High end state functioning

0-8 on BDI and a RCI (Reliable Change Index) higher than 1.96 (Jacobson & Truax, 1991)



Conclusions

- Email therapy works!!
- Self-help with minimal therapist contact is an effective way of treating people with depression
- Treatment effects seemed to be stable over time