Evaluating the Efficacy of Internet-Delivered Cognitive Behavioral Therapy Blended With Synchronous Chat Sessions to Treat Adolescent Depression: Randomized Controlled Trial

# Details

## Year

2017

## Scope

National

## Countries

Sweden

## Type

Empirical research – Experiment/Intervention

## Methodologies

Other

## Other Methodology

Randomized controlled trial

## Researched Groups

Children

## Children Ages

Other

## Other Childrens Age Group

15-19 years old

## Funder

Queen Silvia’s Jubilee Fund; The Sweden-America Foundation; The Swedish Society of Medicine; The Swedish Psychotherapy Society; The Swedish Central Bank

## Funder Types

## Other Funder Type

Professonal societies; National Bank

## Has Formal Ethical Clearance

## Consents

Consent obtained from children

## Informed Consent

Consent obtained

## Ethics

Ethical considerations and/or protocol mentioned in the research design

## URL

https://www.jmir.org/2019/11/e13393

## Data Set Availability

Not mentioned

# Goals

"This study investigated a treatment protocol consisting of ICBT modules blended with weekly therapist chat sessions for adolescent depression, including major depressive episode (MDE). We have previously evaluated the treatment in a controlled trial with promising results (d=0.71 against minimal attention control [47]). In line with participant feedback, the protocol was subsequently revised to include longer sessions while the conceptual model of delivery was kept intact. The main objective of this study was to further establish the effect of the treatment model, using comparable eligibility criteria and study methods, including allowing adolescents aged 15 to 17 years to participate without parental involvement. " (Authors, in Objective)