A cluster randomised controlled trial to determine the clinical effectiveness and cost-effectiveness of classroom-based cognitive-behavioural therapy (CBT) in reducing symptoms of depression in high-risk adolescents


Record Status
This is a bibliographic record of a published health technology assessment from a member of INAHTA. No evaluation of the quality of this assessment has been made for the HTA database.

Citation

Authors' conclusions
Classroom-based CBT, attention control PSHE and usual PSHE produced similar outcomes. Classroom-based CBT may result in increased self-awareness and reporting of depressive symptoms. Classroom-based CBT was not shown to be cost-effective. While schools are a convenient way of reaching a wide range of young people, implementing classroom-based CBT within schools is challenging, particularly with regard to fitting programmes into a busy timetable, the lack of value placed on PSHE, and difficulties engaging with teachers and young people. Wider use of classroom-based depression prevention programmes should not be undertaken without further research. If universal preventative approaches are to be pursued, their clinical effectiveness and cost-effectiveness with younger children (aged 10–11 years), before the incidence of depression increases, should be investigated. Alternatively, the clinical effectiveness of indicated school-based programmes targeting those already displaying symptoms of depression should be investigated.

Final publication URL
http://www.journalslibrary.nihr.ac.uk/hta/hta17470/#/abstract

Link to NHS EED abstract
http://www.crd.york.ac.uk/crdweb/ShowRecord.asp?AccessionNumber=22013052641& UserID=0

Additional data URL
http://www.journalslibrary.nihr.ac.uk/hta/volume-17/issue-47

Indexing Status
Subject indexing assigned by CRD

MeSH
Adolescent; Cognitive Therapy; Depressions; Outcome Assessment (Health Care); Psychotherapy, Group

Language Published
English

Country of organisation
England

English summary
An English language summary is available.

Address for correspondence
NETSCC, Health Technology Assessment, Alpha House, University of Southampton Science Park, Southampton, SO16
AccessionNumber
32010000345

Date abstract record published
21/04/2010