

“Thérapies online pour soigner la dépression : une étude comparative”

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Résumé de l'article

« *Thérapies online pour soigner la dépression : une étude comparative* »

Une étude sur la dépression a révélé l'efficacité de la thérapie en ligne sur un traitement classique. Des chercheurs de l'Université de Bristol ont analysé l'efficacité de 10 séances de thérapie à distance effectuées par un thérapeute en ligne et l'ont comparée à un traitement donné par un médecin généraliste en face à face. Les résultats ont démontré la supériorité de la consultation à distance. 42% des participants traités par la thérapie en ligne se sont remis de leur dépression contre seulement 26% des patients ayant eu leurs soins en face à face.

SUMMARY

Background

Despite strong evidence for its effectiveness, cognitive-behavioural therapy (CBT) remains difficult to access. Computerised programs have been developed to improve accessibility, but whether these interventions are responsive to individual needs is unknown. We investigated the effectiveness of CBT delivered online in real time by a therapist for patients with depression in primary care.

Methods

In this multicentre, randomised controlled trial, 297 individuals with a score of 14 or more on the Beck depression inventory (BDI) and a confirmed diagnosis of depression were recruited from 55 general practices in Bristol, London, and Warwickshire, UK. Participants were randomly assigned, by a computer-generated code, to online CBT in addition to usual care (intervention; n=149) or to usual care from their general practitioner while on an 8-month waiting list for online CBT (control; n=148). Participants, researchers involved in recruitment, and therapists were masked in advance to allocation. The primary outcome was recovery from depression (BDI score <10) at 4 months. Analysis was by intention to treat. This trial is registered, number ISRCTN 45444578.

Findings

113 participants in the intervention group and 97 in the control group completed 4-month follow-up. 43 (38%) patients recovered from depression (BDI score <10) in the intervention group versus 23 (24%) in the control group at 4 months (odds ratio 2.39, 95% CI 1.23–4.67; p=0.011), and 46 (42%) versus 26 (26%) at 8 months (2.07, 1.11–3.87; p=0.023).

Interpretation

CBT seems to be effective when delivered online in real time by a therapist, with benefits maintained over 8 months. This method of delivery could broaden access to CBT.

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