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Figure 1. Flow of participants through the trial.

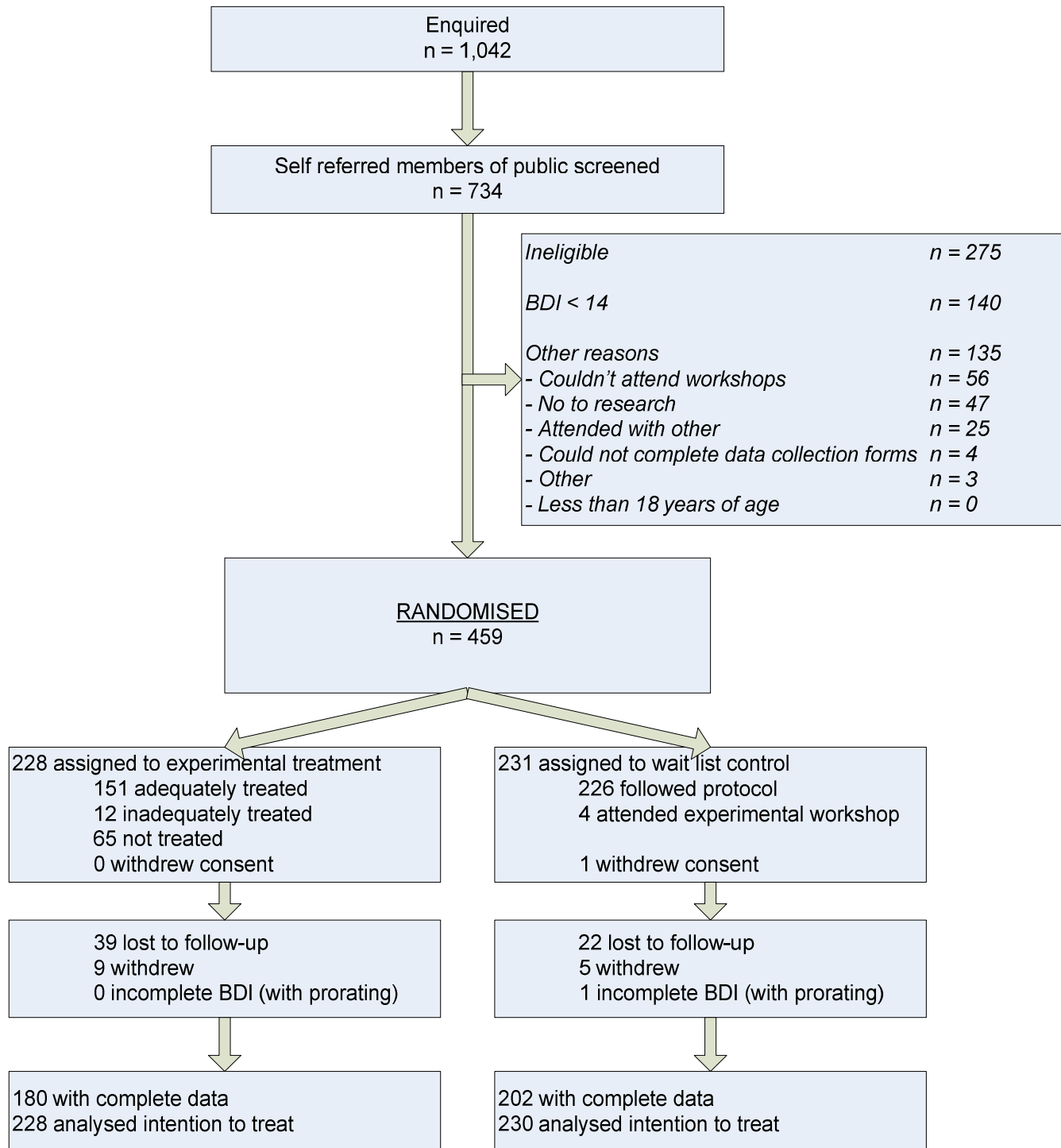


Table 1. Baseline characteristics of participants allocated to the control and experimental arms and combined

n (%) or mean (SD)	Experimental n = 228	Control n = 230	Overall n = 458
DEMOGRAPHICS			
Mean age (SD)	42.3 (12.1)	45.9 (11.4)	44.1 (11.9)
Ethnicity			
Black	37 (16)	30 (13)	67 (15)
White	156 (68)	157 (68)	313 (68)
Asian	23 (10)	25 (11)	48 (11)
Mixed	8 (4)	14 (6)	22 (5)
Other	4 (2)	4 (2)	8 (2)
Marital status			
Single	120 (53)	97 (42)	217 (47)
Married	53 (23)	68 (30)	121 (26)
Cohabiting	18 (8)	22 (10)	40 (9)
Separated	7 (3)	14 (6)	21 (5)
Divorced	26 (11)	26 (11)	52 (11)
Widowed	4 (2)	3 (1)	7 (2)
Education			
O-levels/GCSEs	49 (22)	58 (25)	107 (23)
A-levels	27 (12)	24 (10)	51 (11)
GNVQ	22 (10)	30 (13)	52 (11)
University degree	105 (46)	96 (42)	201 (44)
None of the above	25 (11)	22 (10)	47 (10)
Ever seen GP for psychological problems			
No	59 (26)	53 (23)	112 (25)
Yes	169 (74)	177 (77)	346 (76)
Tried counselling or psychological help before			
No	54 (24)	44 (19)	98 (21)
Yes	173 (76)	186 (81)	359 (78)
Missing	1 (0.4)	0	1 (0.2)
Employment status			
Paid employment	107 (47)	115 (50)	222 (48)
Volunteer work	10 (4)	24 (10)	34 (7)
Unemployed	64 (28)	41 (18)	105 (23)
Student	9 (4)	4 (2)	13 (3)
Housewife/husband	14 (6)	15 (7)	29 (6)
Retired	14 (6)	22 (10)	36 (8)
Long term sick/disabled	10 (4)	9 (4)	19 (4)
Mean EQ-5D utility score (SD)	0.6 (0.3)	0.6 (0.3)	0.6 (0.3)

*Two participants were mis-stratified due to incorrectly calculated BDI scores as baseline: one control participant was stratified as moderate and should have been mild, another control participant was stratified as moderate and should have been severe.

Table 2. Comparison of proportions of ethnic groups for participants self-referring to self-confidence workshops with the borough populations[†]

Borough of residence	Population	Black	White	Asian	Mixed	Other	Total
		n (%)/ n 1000s (%)	n (%)/ n 1000s (%)	n (%)/ n 1000s (%)	n (%)/ n 1000s (%)	n (%)/ n 1000s (%)	n/ n 1000s
Greenwich	Self-confidence workshops	13 (18.3)	51 (71.8)	1 (1.4)	6 (8.5)	0	71
	Borough population	20.8 (11.8)	132.6 (75.2)	13.9 (7.9)	3.8 (2.2)	5.3 (3.0)	176.4
Lambeth	Self-confidence workshops	15 (29.4)	24 (47.1)	8 (15.7)	2 (3.9)	2 (3.9)	51
	Borough population	40.4 (18.0)	157.5 (70.1)	12.9 (5.7)	7.5 (3.3)	6.4 (2.8)	224.6
Lewisham	Self-confidence workshops	44 (32.4)	65 (47.8)	15 (11.0)	8 (5.9)	4 (2.9)	138 ^b
	Borough population	42.1 (20.3)	140.6 (67.8)	12.7 (6.1)	6.1 (2.9)	6.1 (2.9)	207.5
Croydon	Self-confidence workshops	26 (15.8)	97 (58.8)	25 (15.2)	14 (8.5)	3 (1.8)	166 ^a
	Borough population	38.0 (14.1)	180.1 (66.9)	37.6 (14.0)	7.9 (2.9)	5.6 (2.1)	269.1
Wandsworth	Self-confidence workshops	5 (8.1)	50 (80.6)	5 (8.1)	1 (1.6)	1 (1.6)	62 ^a
	Borough population	16.1 (6.8)	192.1 (80.8)	17.5 (7.4)	5.5 (2.3)	6.4 (2.7)	237.8
Bexley	Self-confidence workshops	5 (7.4)	58 (85.3)	4 (5.9)	1 (1.5)	0	68
	Borough population	8.9 (5.0)	156.1 (87.9)	7.4 (4.2)	2.4 (1.4)	2.7 (1.5)	177.5
Merton & Sutton	Self-confidence workshops	6 (10.7)	35 (62.5)	12 (21.4)	3 (5.4)	0	56
	Borough population	18.1 (5.8)	247.7 (79.5)	29.1 (9.3)	6.3 (2.0)	10.4 (3.3)	311.5
Kingston	Self-confidence workshops	2 (2.8)	47 (66.2)	19 (26.8)	3 (4.2)	0	71
	Borough population	3.0 (2.3)	103.7 (80.2)	12.5 (9.7)	2.5 (1.9)	7.6 (5.9)	129.3
Total	Self-confidence workshops	116 (17.0)	427 (62.8)	89 (13.1)	38 (5.6)	10 (1.5)	684
	Borough population	187.4 (10.8)	1,310.4 (75.6)	143.6 (8.3)	42.0 (2.4)	50.5 (2.9)	1,733.7

[†]Office for National Statistics population data for 16+ year olds in 2007.²

^aMissing ethnicity data for 1 participant. Percents adjusted to account for this.

^bMissing ethnicity data for 2 participants. Percents adjusted to account for this.

^cMissing ethnicity data for 4 participants. Percents adjusted to account for this.

Table 3. Treatment completion descriptive statistics by treatment arm, n (%)

	Experimental n = 228	Control n = 230
Treatment completed*	151 (66)	226 (98)
Treatment not completed, or protocol violated	77 (34)	4 (2)
<i>Further description of attendance</i>		
Attended	151 (66)	134 (58)
Partial attendance	12 (5)	10 (4)
Did not attend	59 (26)	81 (35)
Attended workshop intended for opposite arm		
Allocated Experimental, attended Control workshop	5 (2)	0
Allocated Control, attended Experimental workshop	0	4 (2)
Attended non-eligible/did not want to participate workshop	1 (0.4)	1 (0.4)

*In experimental arm this means full attendance at workshop, in control arm it means did not attend experimental workshop.

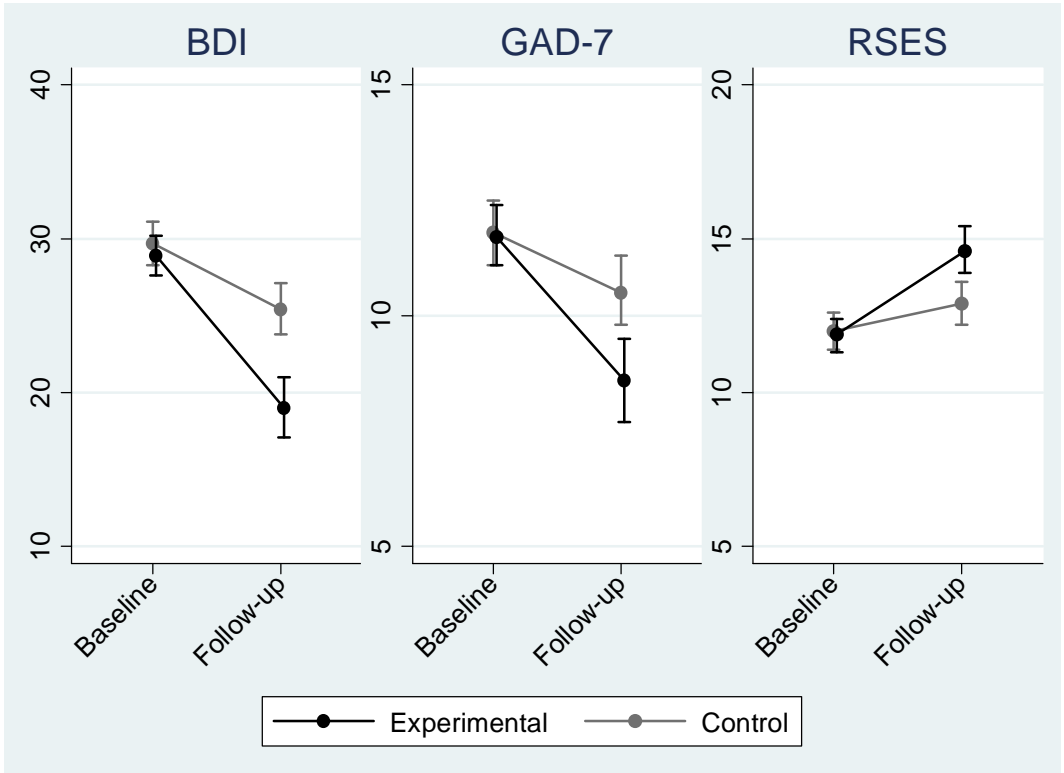


Figure 2. Unadjusted mean (95% CI) profile plots of BDI, GAD-7 and RSES

Table 4. Unadjusted summary statistics and adjusted mean differences at follow-up for primary and secondary outcome measures

	Experimental group		Control group		Adjusted Mean difference	
	Unadjusted Mean (SD)	n	Unadjusted Mean (SD)	n	(95% CI)	P
BDI						
Baseline	28.9 (10.1)	228	29.7 (10.8)	230		
3 months	19.0 (13.3)	180	25.4 (11.8)	202	-5.3 (-7.6 to -2.9)	0.001
GAD-7						
Baseline	11.7 (5.0)	228	11.8 (5.2)	230		
3 months	8.6 (6.0)	172	10.5 (5.3)	193	-1.6 (-2.8 to -0.4)	0.015
RSES						
Baseline	11.9 (4.3)	228	12.0 (4.7)	230		
3 months	14.6 (5.0)	171	12.9 (4.8)	193	1.8 (0.9 to 2.7)	0.003

Table 5. Baseline predictors and moderators of BDI outcome

Variable	Unadjusted β (95% CI)	F test P-value	Adjusted β^* (95% CI)	F test P-value
Treatment arm = Experimental	-5.9 (-8.7, -3.1)	< 0.001	---	
Treatment arm = Experimental, males	---		-1.7 (-5.6, 2.1)	0.37
Treatment arm = Experimental, females	---		-6.4 (-8.8, -4.0)	< 0.001
Baseline BDI	0.8 (0.7, 0.9)	< 0.001	0.8 (0.7, 0.9)	< 0.001
Ethnicity = Other	-1.4 (-4.3, 1.5)	0.25	-0.9 (-3.5, 1.7)	0.41
Gender = Female	-2.5 (-6.7, 1.6)	0.16	---	
Baseline GAD-7	1.1 (0.9, 1.4)	< 0.001	---	
Baseline RSES	-1.1 (-1.5, -0.8)	< 0.001	---	
Age	-0.02 (-0.11, 0.08)	0.65	---	
Education = A levels	-2.7 (-7.3, 1.8)	0.035	---	
= GNVQ	2.0 (-3.8, 7.8)		---	
= University degree	-2.5 (-5.2, 0.3)		---	
= Other	3.8 (-3.0, 10.7)		---	
Baseline employment group = Volunteer work	4.5 (-1.4, 10.3)	< 0.001	2.1 (-2.4, 6.5)	0.054
= Unemployed	4.4 (0.2, 8.5)		2.4 (-1.1, 5.9)	
= Student	5.8 (-4.5, 16.1)		3.7 (-4.8, 12.2)	
= Housewife/husband	8.0 (2.4, 13.5)		5.7 (0.3, 11.0)	
= Retired	1.9 (-3.9, 7.7)		0.8 (-3.2, 4.7)	
= Long term sick/disabled	5.9 (0.1, 11.7)		2.1 (-3.6, 7.8)	
Previous psychological treatment	4.8 (1.3, 8.3)	0.001	---	
Baseline EQ5D utility score (per 0.1 units)	-1.7 (-2.1, -1.2)	< 0.001	---	

*For model with prorated BDI as dependent variable and trial arm, ethnicity, gender, prorated baseline BDI, employment and trial arm by gender interaction term as covariates. Reference category for education = O levels/GCSE and for employment group = paid employment.

Table 6: Health economic analyses of outcomes

	Control group		Intervention group		Group difference	
	Mean (SD)	n	Mean (SD)	n	Mean (CI)	p-value
Change in BDI	3.51 (8.32)	201	9.47 (10.91)	179	5.96 (4.01-7.91)	<0.001
Additional DFDs	9.62 (24.99)	201	28.85 (31.16)	179	19.23 (13.56-24.90)	<0.001
QALY gain	0.010 (0.61)	193	0.007 (0.06)	172	0.003 (-0.01-0.012)	0.582

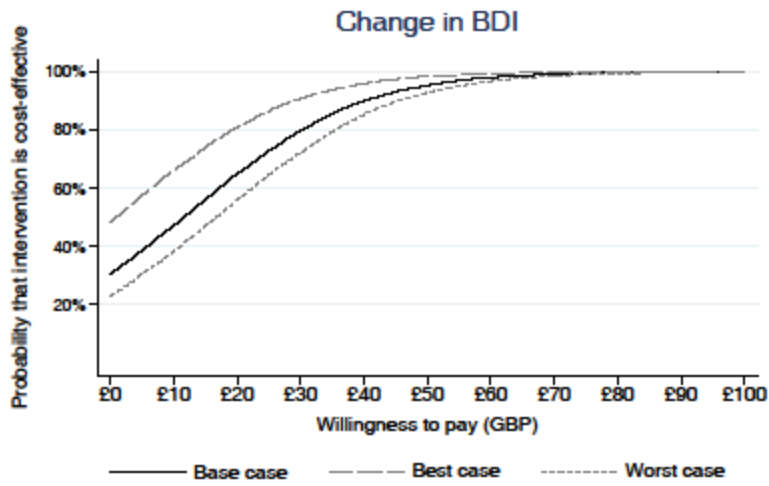


Fig. 3a. Cost-effectiveness acceptability curves (CEACs), for changes in BDI measure for different levels of WTP, with sensitivity analysis.

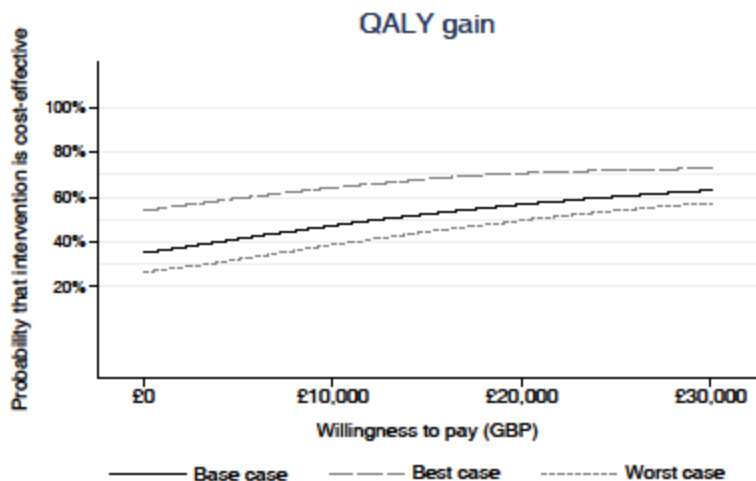


Fig. 3b. Cost-effectiveness acceptability curves (CEACs), for changes in QALY for different levels of WTP, with sensitivity analysis.

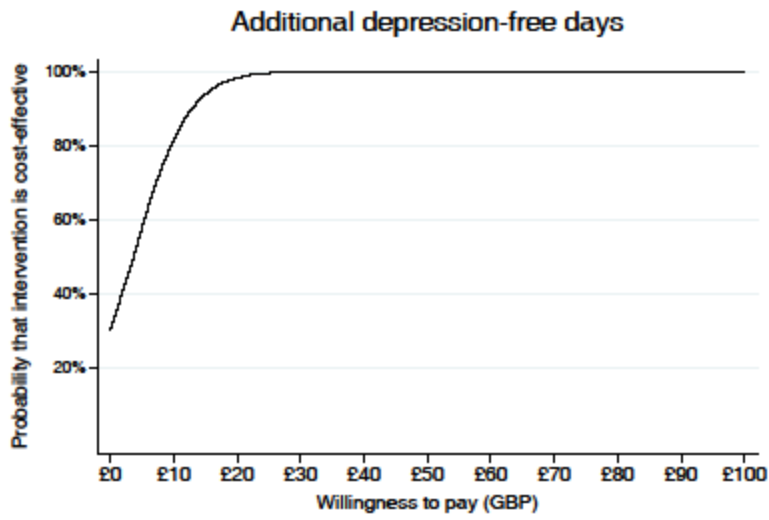


Fig. 4a. Cost-effectiveness acceptability curves (CEACs) for changes in Additional depression-free days for different levels of WTP.

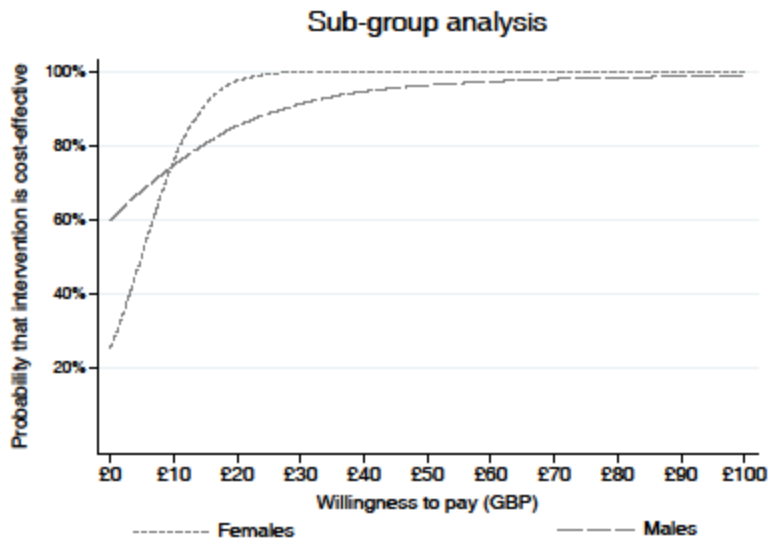


Fig. 4b. Cost-effectiveness acceptability curves (CEACs) for changes in Additional depression-free days for different levels of WTP: sub-group analysis by gender.