

The STEP-MIED Trial: Digital Stepped-Care for Emotional Disorders

NCT07458100

Status	RECRUITING
Phase	Not Applicable
Sponsor	Peking University
Enrollment	464 participants

Key Eligibility Criteria

Inclusion (3)

- Age: 18-65 years.
- Diagnosed with an emotional disorder by a psychiatrist (distinguishing primary and comorbid diagnoses during assessment) and meeting criteria on the Mini-International Neuropsychiatric Interview (MINI), including depressive disorders, anxiety disorders (e.g., generalized anxiety disorder, panic disorder, agoraphobia, social anxiety disorder), obsessive-compulsive disorder, post-traumatic stress disorder, and eating disorders (e.g., anorexia nervosa, bulimia nervosa).
- Symptom severity meeting the threshold: PHQ-9 score ≥ 10 or GAD-7 score ≥ 8 .

Exclusion (7)

- Current diagnosis of psychotic disorders or bipolar disorder.
- Current organic mental disorders, pervasive developmental disorders, severe cognitive impairment, or substance use disorders.
- Current suicide risk (moderate or higher suicide risk on the MINI suicide module).
- Antisocial personality disorder.
- Severe medical illnesses that may affect intervention participation or require recent hospitalization.

... and 2 more (see full listing online)

Locations (1 total)

Peking University, Beijing, China