Abstract

Objective. To examine the efficacy of the Transdiagnostic sleep and circadian (TranS-C) intervention in treating Chinese adults with a comorbid major depressive disorder and sleep disturbance. **Method**. A pilot randomized controlled trial was conducted. Ninety-eight eligible participants were recruited from the community and randomdly assigned to the TranS-C treatment group ($n = 49$) or the Care-as-usual control group ($n = 49$) in a 1:1 ratio. Six two-hour weekly sessions of group treatment were provided to the TranS-C group. TranS-C integrates elements of cognitive-behavioral therapy for insomnia, delayed sleep phase type, and interpersonal and social rhythm therpay. **Results.** The linear mixed-effects model showed that TranS-C group had significant improvements in depressive symptoms ($d = 0.55$ and 1.06; $p < .05$), insomnia symptoms ($d = 0.6$ and 1.03; $p < .001$), sleep disturbance ($d = 1.01$ and 1.05; $p < .001$), sleep related impairment ($d = 1.00$ and 1.04; $p < .001$) and health state utility ($d = 0.62$ and 0.54; $p < .05$) compared with the CAU group from baseline to 1-week and 12-week posttreatment. **Conclusions.** TranS-C treatment appeared to be effective for treating depression and sleep disturbances in the Chinese population. Further detailed analytical research studies on a larger scale and with a longer follow-up period is warranted to validate these results.

Keywords: *Major Depressive Disorder, Sleep disturbance, Transdiagnostic sleep and circadian treatment, randomized controlled trial*