

Evaluation of adjustment groups for people with Multiple Sclerosis: a pilot study

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
30/04/2012	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
13/06/2012	Completed	<input checked="" type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
05/12/2014	Mental and Behavioural Disorders	

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

N/A

Study information

Scientific Title

A pilot randomised controlled trial to evaluate an adjustment group for people with multiple sclerosis

Study objectives

There is consensus that the prevalence of depression in people with multiple sclerosis is high. Previous studies have mainly used cognitive behaviour therapy for multiple sclerosis patients with low mood or support groups for multiple sclerosis patients in general.

The aim of this study was to assess the effectiveness of a support group, based on cognitive behavioural principles, for patients with multiple sclerosis experiencing low mood.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Nottingham Local Research Ethics Committee

Study design

Randomised controlled trial for approximately one year

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Low mood in people with Multiple Sclerosis

Interventions

The study involved 8 male and 32 females recruited from multiple sclerosis outpatient clinics at Queens Medical Centre, Nottingham and by posters at the Multiple Sclerosis Society office and in their Society newsletter. Participation will be over a 1-year period.

The sessions were based on a cognitive behavioural and psycho-educational framework. They were designed to teach individuals to identify and deploy skills to reduce current and future distress, thus aiding coping and adjustment. The sessions were also intended to increase awareness of the role of thoughts, emotions and behaviours and their influence on each other.

Participants in the control group received no psychological intervention but had access to all other services as usual. They were offered group treatment after the six-month outcome had been completed.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

By providing the participants with skills to manage mood, it was hoped that they would experience fewer difficulties with their mood in the future.

Key secondary outcome(s)

1. Hospital Anxiety and Depression Scale
2. General Health Questionnaire 12
3. Multiple Sclerosis Self Efficacy Scale
4. Multiple Sclerosis Impact Scale
5. Short Form 36 administered 3 and 6 months after random allocation

Completion date

31/12/2005

Eligibility

Key inclusion criteria

1. All patients with a score of more than 7 on either the anxiety or depression scales on the Hospital Anxiety and Depression Scale or more than 2 on the General Health Questionnaire 12 and who had a diagnosis of multiple sclerosis for more than three months
2. Able to speak and understand conversational English
3. Able to attend the University for the group intervention
4. Not involved in any other intervention study

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Unable to speak and understand conversational English.
2. Unable to attend the University for the group intervention
3. Involved in another intervention study.

Date of first enrolment

01/10/2004

Date of final enrolment

31/12/2005

Locations

Countries of recruitment

United Kingdom

England

Study participating centre
Institute of Work, Health & Organisations
Nottingham
United Kingdom
NG81 1BB

Sponsor information

Organisation
University of Nottingham (UK)

ROR
<https://ror.org/01ee9ar58>

Funder(s)

Funder type
University/education

Funder Name
University of Nottingham (UK)

Alternative Name(s)
The University of Nottingham

Funding Body Type
Private sector organisation

Funding Body Subtype
Universities (academic only)

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/03/2010		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes