

# Cognitive therapy for sickle cell disease (SCD) pain

<b>Submission date</b> 23/01/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 23/01/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 25/07/2011	<b>Condition category</b> Haematological Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Veronica Thomas

**Contact details**  
King's College London  
University of London  
Department of Nursing  
Cornwall House  
Waterloo Road  
London  
United Kingdom  
SE1 8WA

## Additional identifiers

**Protocol serial number**  
REC00056

## Study information

**Scientific Title**

## **Study objectives**

Painful crises are the most common manifestation of sickle cell disease and accounts for the greatest number of admissions with an average length of stay of seven days. This causes severe disruption to the educational and social aspects of life for these patients. The financial implications for the health service are also considerable. A recent analysis revealed a cost of £2.5 million per annum for South East London Health Authority. Research conducted in America revealed that pain management strategies that incorporate a psychological intervention can significantly reduce casualty visits and hospital admissions. A pilot study using cognitive therapy has been carried out to assess the feasibility of using this approach in patients with Sickle Cell Disease in London. Results have shown that patients are generally very positive about this approach and consider it to be beneficial in terms of reducing psychological distress, providing emotional support and in improving confidence levels. There was a significant reduction in the duration of hospital stay when compared to the control group.

The present study seeks to extend the pilot study by evaluating of a community-based cognitive therapy intervention of the pain experience and well-being of 120 adolescents and young adults with sickle cell disease. The result of this study is likely to make significant contributions to knowledge by providing detailed information about the types of coping strategies used by patients with SCD. In addition information gained will enable us to determine whether the proposed intervention is cost effective and beneficial to a group of patients whose pain is notoriously difficult to manage.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Not provided at time of registration

## **Study design**

Randomised controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Not Specified

## **Health condition(s) or problem(s) studied**

Sickle cell anaemia

## **Interventions**

1. A cognitive behavioural therapy pain management group
2. An attention placebo group
3. Non-intervention control group

## **Intervention Type**

Other

## **Phase**

Not Specified

**Primary outcome(s)**

Patient self-assessments: GHQ 30, Coping Strategies Questionnaire (CSQ), Pain Self Efficacy Questionnaire, Short Form McGill Pain Questionnaire

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

31/12/1998

**Eligibility****Key inclusion criteria**

Male and female SCD patients with the SS genotype between 15 and 26 years of age, who have had three or more admissions in the previous calendar year.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Not Specified

**Sex**

All

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

31/12/1996

**Date of final enrolment**

31/12/1998

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

**King's College London**  
London  
United Kingdom  
SE1 8WA

## Sponsor information

### Organisation

NHS R&D Regional Programme Register - Department of Health (UK)

## Funder(s)

### Funder type

Government

### Funder Name

NHS Executive London (UK)

## Results and Publications

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/02/2001		Yes	No