# An investigation into the use of relaxation therapy as an intervention for hot flushes in women who have had breast cancer

Submission date Recruitment status Prospectively registered 15/10/2002 No longer recruiting [ ] Protocol [ ] Statistical analysis plan Registration date Overall study status 15/10/2002 Completed [X] Results [ ] Individual participant data Last Edited Condition category 08/10/2012 Cancer

### Plain English summary of protocol

Not provided at time of registration

# Contact information

#### Type(s)

Scientific

#### Contact name

Prof JL Corner

#### Contact details

Centre for Cancer & Palliative Care Studies ICR Centre for Cancer & Palliative Care Studies Fulham Road Chelsea London United Kingdom SW3 6JJ

# Additional identifiers

Protocol serial number N/A

# Study information

Scientific Title

#### Acronym

**RELAX** 

#### **Study objectives**

To test whether relaxation can reduce the incidence and severity of menpausal hot flushes in women with breast cancer.

#### 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)

Treatment

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

Breast cancer

#### **Interventions**

Women are randomised to:

- 1. Control arm: no further treatment
- 2. Treatment arm: relaxation method

#### Intervention Type

Other

#### Phase

**Not Specified** 

#### Primary outcome(s)

Not provided at time of registration

#### Key secondary outcome(s))

Not provided at time of registration

#### Completion date

01/01/2001

# **Eligibility**

#### Key inclusion criteria

Patients should:

1. Meet the national HRT study entry criteria

- 2. Women diagnosed with stage I/II breast cancer with no evidence of recurrence
- 3. Be postmenopausal (amenorrhoea for >6 months or surgical or radiation ovarian ablation)
- 4. Be experiencing menopausal hot flushes
- 5. Able to attend hospital for extra visits
- 6. Able to complete written records in English

#### Participant type(s)

**Patient** 

#### Healthy volunteers allowed

No

#### Age group

Adult

#### Sex

Female

#### Key exclusion criteria

Not provided at time of registration

#### Date of first enrolment

01/12/2000

#### Date of final enrolment

01/01/2001

# Locations

#### Countries of recruitment

United Kingdom

England

# Study participating centre Centre for Cancer & Palliative Care Studies

London United Kingdom SW3 6JJ

# Sponsor information

#### Organisation

Cancer Research UK (CRUK) (UK)

#### **ROR**

https://ror.org/054225q67

# Funder(s)

#### Funder type

Charity

#### Funder Name

Cancer Research UK (CRUK) (UK)

#### Alternative Name(s)

CR\_UK, Cancer Research UK - London, Cancer Research UK (CRUK), CRUK

#### **Funding Body Type**

Private sector organisation

#### **Funding Body Subtype**

Other non-profit organizations

#### 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	01/04/2008		Yes	No