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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

Secondary study design

Randomised controlled trial

Study setting(s)

Hospital

Study type(s)

Treatment

Participant information sheet

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 measure

Not provided at time of registration

Secondary outcome measures

Not provided at time of registration

Overall study start date

01/12/2000

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

Age group

Adult

Sex

Female

Target number of participants

Not provided at time of registration

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

England

United Kingdom

Study participating centre Centre for Cancer & Palliative Care Studies London United Kingdom SW3 6JJ

Sponsor information

Organisation

Cancer Research UK (CRUK) (UK)

Sponsor details

PO Box 123 Lincoln's Inn Fields London United Kingdom WC2A 3PX +44 (0)207 317 5186 kate.law@cancer.org.uk

Sponsor type

Charity

Website

http://www.cancer.org.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, CRUK

Funding Body Type

Private sector organisation

Funding Body Subtype

Other non-profit organizations

Location

United Kingdom

Results and Publications

Publication and dissemination plan

Not provided at time of registration

Intention to publish date

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?
Results article	results	01/04/2008		Yes	No