ISRCTN15126436 https://doi.org/10.1186/ISRCTN15126436

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

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

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
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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