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The efficacy of homoeopathic potassium phosphate for mental fatigue

Submission date	Recruitment status	[_] Prospectively registered
25/06/2009	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
01/09/2009	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
23/05/2013	Signs and Symptoms	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title
A randomised placebo-controlled trial of homoeopathic potassium phosphate 6x for mental fatigue

Study objectives
That a homeopathic specific used in the treatment of attentional problems will improve performance on an attention test.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Health Services Research Governance Committee (HSRGC) of the University of York approved on the 13th March 2007. As this trial did not involve any patients, it did not have to go through the National Health Service ethics system.

Study design
Randomised placebo-controlled cross-over trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Mental fatigue

Interventions
Intervention: a single homeopathic dose of 0.6 g lactose powder, medicated with Kali-phos 6x (in 90% ethanol/water solution)
Control: identical placebo consisting of 0.6 g lactose powder, treated with unmedicated 90% ethanol/water solution

Treatment consisted of a single dose, crossed over at the same time on the same day one week later. There was no follow-up.

Intervention Type
Drug

Phase
Not Applicable

Drug/device/biological/vaccine name(s)
Potassium phosphate

Primary outcome(s)
Accuracy on the Stroop-colour-word test of executive function, measured 10 minutes after medication (at the same time on the same day one week apart).

Key secondary outcome(s))
No secondary outcome measures

Completion date

01/09/2007

Eligibility

Key inclusion criteria
1. Healthy staff and student volunteers, aged 19 to 62 years, either sex
2. Recruited from within the University of York
3. Reporting fatigue from mental work

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
1. Current use of homeopathy for any condition
2. Current prescribed stimulant medication
3. Use of self-prescribed stimulants (e.g. caffeine-based products) during the study
4. Chronic fatigue
5. Unable to communicate in English

Date of first enrolment
01/06/2007

Date of final enrolment
01/09/2007

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Department of Health Sciences
York
United Kingdom
YO10 5DD

Sponsor information

Organisation
University of York (UK)

ROR
https://ror.org/04m01e293

Funder(s)

Funder type
Government

Funder Name
Department of Health (UK) - National Coordinating Centre for Research Capacity Development, Post-Doctoral Fellowship in Complementary Medicine

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?
Results article	results	01/10/2012		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes