

Circadian variations in cytokines and the effect of timed release tablet prednisone in rheumatoid arthritis

Submission date
16/08/2007

Recruitment status
No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date
04/10/2007

Overall study status
Completed

☐ Statistical analysis plan

☒ Results

Last Edited
18/01/2012

Condition category
Musculoskeletal Diseases

☐ Individual participant data

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

ME/2005/2073

Study information

Scientific Title

Study objectives

Rheumatoid Arthritis (RA) is a systemic, inflammatory condition causing joint pain and swelling, disability, and psychological distress.

To document overnight variations of serum pro-inflammatory and anti-inflammatory cytokines in 12 volunteers with rheumatoid arthritis on one night before and one night during treatment with a Timed Release Tablet (TRT) containing 5 mg prednisone, and to relate blood cytokine levels to biogenic amines and the hormones of the hypothalamic-pituitary-adrenal axis.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approval received from the North Somerset and South Bristol Research Ethics Committee (REC) on the 28th November 2005 (ref: 054/Q2006/185).

Study design

Non-randomised, non-controlled interventional single centre study of patients before and after two weeks treatment with night time prednisone

Primary study design

Interventional

Secondary study design

Non randomised controlled trial

Study setting(s)

Not specified

Study type(s)

Treatment

Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied

Rheumatoid Arthritis (RA)

Interventions

The study uses a delayed (timed) release formulation of prednisone which will release the full dose of the active drug during sleep after a lag time of 4 hours, allowing the patient to take the medication at a convenient point in time, namely at 22:00 hours +/- 30 minutes.

Intervention: Timed-Release Tablet (TRT) prednisone 5 mg, one tablet taken at 22.00 each evening for 12 - 16 nights (depending on the convenience of the final study night for the patient). There is no study follow-up after the end of medication.

Intervention Type

Drug

Phase

Not Specified

Drug/device/biological/vaccine name(s)

Prednisone

Primary outcome measure

Changes in overnight pattern of plasma cortisol and interleukin-6 concentrations, determined at baseline and two weeks.

Secondary outcome measures

Standard assessment tools will be used to assess the state of the patient's arthritis. These assessments will be:

1. Swollen and tender joint counts
2. Pain (visual analogue scale)
3. Morning stiffness (minutes)
4. Patient's opinion of condition
5. Clinician's opinion of condition
6. Health Assessment Questionnaire
7. The Multidimensional Assessment of Fatigue scale
8. Hospital Anxiety and Depression Scale

The secondary outcome measures are determined at baseline and two weeks.

Overall study start date

15/06/2006

Completion date

14/06/2008

Eligibility

Key inclusion criteria

1. Have rheumatoid arthritis by the criteria of the American College of Rheumatology
2. Are over 50 but less than 80 years old
3. Have active disease as evidenced by:
 - 3.1. Three or more swollen joints
 - 3.2. Three or more tender joints
 - 3.3. Morning stiffness at least 45 minutes
 - 3.4. Pain at least 30 mm on a 100 mm Visual Analogue Scale (VAS)
 - 3.5. Erythrocyte Sedimentation Rate (ESR) at least 29 mm in first hour or C-Reactive Protein (CRP) at least 15 mg/L

4. Stable Disease-Modifying Anti-Rheumatic Drug (DMARD) therapy (or no therapy) for at least 28 days
5. Stable Non-Steroidal Anti-Inflammatory Drug (NSAID)/analgesic therapy for at least seven days

It is anticipated that the ratio of female to male patients will be approximately 2:1, in accordance with the pattern of disease occurrence. To be safe, we will invite women of childbearing potential to take part in the study only if they are using contraception.

Participant type(s)

Patient

Age group

Senior

Sex

Both

Target number of participants

12

Key exclusion criteria

1. Pregnancy and lactation
2. Participation in a clinical trial within the past 30 days
3. Presence of contraindication of corticosteroids
4. Known hypersensitivity to prednisone/prednisolone
5. Parenteral treatment with corticosteroids or crystalloid injection into joints within the past three months
6. Other diseases which require corticoid treatments
7. Inflammatory diseases, such as Irritable Bowel Disease (IBD), Colitis, Crohn's Disease, Asthma
8. Other auto-immune diseases
9. Cancer
10. Infections, treatment with antibiotics within the past six weeks
11. Requirement of non-permitted concomitant medication
12. Consumption of benzodiazepines, antidepressants, antipsychotic drugs, antihistaminic drugs
13. Tumour Necrotising Factor - alpha (TNF α) inhibitors
14. Working shift employee
15. Jet lag
16. Significant renal disease (creatinine greater than 150 μ mol/L)
17. Significant hepatic impairment

Date of first enrolment

15/06/2006

Date of final enrolment

14/06/2008

Locations**Countries of recruitment**

England

United Kingdom

Study participating centre
Academic Rheumatology Unit
Bristol
United Kingdom
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Sponsor information

Organisation
United Bristol Healthcare NHS Trust (UK)

Sponsor details
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Sponsor type
Hospital/treatment centre

Website
<http://www.ubht.nhs.uk/R&D/>

ROR
<https://ror.org/04nm1cv11>

Funder(s)

Funder type
Industry

Funder Name
Nitec Pharma AG (Switzerland)

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	01/04/2010		Yes	No