

# A randomised controlled trial of the psychoneuroimmunological effects of relaxation and guided imagery, alone and in combination, in patients with colorectal cancer

<b>Submission date</b> 12/09/2003	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 12/09/2003	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 03/05/2016	<b>Condition category</b> Cancer	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

<http://cancerhelp.cancerresearchuk.org/trials/a-trial-looking-at-relaxation-therapy-and-guided-imagery-for-people-with-bowel-cancer>

## Contact information

### Type(s)

Scientific

### Contact name

Dr Lesley Walker

### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

## Secondary identifying numbers

N0084122778

# Study information

## Scientific Title

A randomised controlled trial of the psychoneuroimmunological effects of relaxation and guided imagery, alone and in combination, in patients with colorectal cancer

## Study objectives

What are the effects of the intervention techniques, on quality of life, adjustment, coping, treatment satisfaction, host defences and hormones?

## 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)

Not specified

## Study type(s)

Not Specified

## Participant information sheet

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

Cancer: Colorectal

## Interventions

1. Arm 1: support as usual in the Oncology Health Centre
2. Arm 2: support as usual + relaxation
3. Arm 3: support as usual + imagery alone
4. Arm 4: support as usual + imagery and relaxation

## 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**

06/03/2003

**Completion date**

01/01/2006

## **Eligibility**

**Key inclusion criteria**

Not provided at time of registration

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Not Specified

**Target number of participants**

180 Patients, four groups of 45.

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

06/03/2003

**Date of final enrolment**

01/01/2006

## **Locations**

**Countries of recruitment**

United Kingdom

**Study participating centre**

**The Institute of Rehabilitation**  
Hull  
United Kingdom  
HU3 2 PG

## **Sponsor information**

### **Organisation**

Department of Health (UK)

### **Sponsor details**

Richmond House  
79 Whitehall  
London  
United Kingdom  
SW1A 2NL

### **Sponsor type**

Government

### **Website**

<http://www.doh.gov.uk>

## **Funder(s)**

### **Funder type**

Charity

### **Funder Name**

The North and South Bank Research and Development Consortium (UK) NHS R&D Support Funding

### **Funder Name**

Cancer Research UK (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