

# Acupuncture for episodic tension-type headache: a subject blind multi-centre randomised controlled trial (RCT)

<b>Submission date</b> 23/01/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 23/01/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 15/01/2010	<b>Condition category</b> Signs and Symptoms	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Dr Adrian White

### Contact details

Department of Complementary Medicine  
University of Exeter  
CCHS  
25 Victoria Park Road  
Exeter  
United Kingdom  
EX2 4NT  
a.r.white@exeter.ac.uk

## Additional identifiers

### Protocol serial number

C/CM/09/7.96/W

## Study information

Scientific Title

**Study objectives**

To compare the efficacy of acupuncture with sham acupuncture for episodic tension-type headache.

**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

**Study type(s)**

Treatment

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

Tension-type headache

**Interventions**

Participants received 6 weekly treatments with either standardised, brief needle acupuncture to between 4 and 8 relevant points, or sham acupuncture to non-tender points with a novel cocktail-stick placebo. Two follow-up treatments were given, 1 and 2 months later.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

1. Number of headaches
  2. Intensity measured by Visual Analogue Scale (VAS)
  3. Duration of headaches
  4. Number of analgesics taken
- Recorded by a daily headache diary

**Key secondary outcome(s))**

Not provided at time of registration

**Completion date**

03/06/1999

**Eligibility**

**Key inclusion criteria**

Participants were recruited during consultation with GP, from disease registers or from notices in GP premises or local media.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

Does not meet inclusion criteria

**Date of first enrolment**

03/03/1997

**Date of final enrolment**

03/06/1999

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

Department of Complementary Medicine

Exeter

United Kingdom

EX2 4NT

**Sponsor information****Organisation**

NHS R&D Regional Programme Register - Department of Health (UK)

# Funder(s)

## Funder type

Government

## Funder Name

NHS Executive South West (UK)

# 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?
<a href="#">Results article</a>	results	01/09/2000		Yes	No