

Benefits of polyunsaturated fatty acid (PUFA) supplementation in therapy of children and teenagers with Aspergers Syndrome

Submission date 11/05/2012	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 27/09/2012	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 06/06/2014	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

Aspergers syndrome is a developmental disorder which is often classified with a group of related conditions known as autistic spectrum disorders. Individuals with the disorder have average or above average intelligence and a well-developed speaking ability. Nevertheless, their social and communication skills are seriously affected, which leads to social isolation. The common symptoms of Aspergers syndrome include obsessive adherence to routines, excessive passion in a single and narrow subject or topic, rhythmic and intonation problems of language, delayed motor skills and impaired social communication, interaction and imagination skills. Although certain drugs are given to treat anxiety, depression and aggression co-existing with this disorder, there is no known curative drug for the main symptoms of Aspergers syndrome. Therefore, the mainstay management remains social skill training and behavior, occupational and speech therapies, and support and management training for parents. The long-chain polyunsaturated fatty acids (PUFAs) are vital components of the brain cell membranes and have been shown to influence neurological functions. There is evidence of insufficiency and imbalance of PUFA in persons with attention deficit hyperactivity disorder (ADHD), depression and autism spectrum disorders. The aim of this study is to investigate the benefits of PUFA in Polish children and adolescents with Aspergers syndrome.

Who can participate?

Fifty children and adolescents, aged 6 to 19 years, with normal intelligence index and communication ability and diagnosed with Aspergers syndrome and autism

What does the study involve?

The participants will be randomly allocated to be given either polyunsaturated fatty acid (PUFA) capsules or placebo (dummy) capsules for 3 months. After this period the participants who took the placebo tablets will take PUFA tablets for another 3 months.

What are the possible benefits and risks of participating?

Participants may experience an improvement in their clinical symptoms. PUFAs are nutrients commonly found in the diet. Hence, PUFAs do not present any risk to the participants.

Where is the study run from?

Indywidualna Specjalistyczna Praktyka Lekarska w Miejscu Wezwania (Poland).

When is the study starting and how long is it expected to run for?

The study started in October 2010 and is anticipated to be completed in August 2012.

Who is funding the study?

Vifor Pharma Ltd (Switzerland).

Who is the main contact?

Dr Beata Joanna Kozielec

Contact information

Type(s)

Scientific

Contact name

Dr Beata Joanna Kozielec

Contact details

Pelikanów 2d/8

Piaseczno

Poland

05-500

Additional identifiers

Protocol serial number

EQZ2007101

Study information

Scientific Title

Benefits of PUFA supplementation in therapy of children and teenagers with Aspergers Syndrome pilot study

Acronym

PUFA AS

Study objectives

In this randomized double-blinded, placebo-controlled study researchers will observe expected changes in the behaviour of children with a diagnosis of Aspergers Syndrome. The primary goal of this trial is to evaluate the benefits of diet supplementation with PUFA in children with Aspergers Syndrome and 'well functioning' autism (with good speaking and normal intellectual abilities). The secondary goal is to evaluate the impact of PUFA supplementation with relation to initial parameters.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Bioethics Committee of the Institute of Mother and Child, Warsaw, Poland, 21/11/2008, ref:19/2008

Study design

Double-blind randomized placebo-controlled study

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Asperger's syndrome

Interventions

Post randomization, the patients will be receive polyunsaturated fatty acid (n=25) or placebo (n=25) capsules for 3 months. This will be followed by a switch over of the placebo group to PUFA and further intervention for another 3 months.

Clinical symptoms and blood fatty acid status will be assessed at baseline and at two time points (3 and 6 months) during the intervention period.

Intervention Type

Drug

Phase

Not Applicable

Drug/device/biological/vaccine name(s)

Polyunsaturated fatty acids (PUFA)

Primary outcome(s)

1. To evaluate the possible benefits of PUFA supplementation in patients with Aspergers syndrome and autistic 'well functioning' children and teenagers with normal intelligence index and well-developed speaking abilities.
2. Changes in the core clinical symptoms pertaining to behavior and learning will be assessed by Conners Parent Rating Scales, psychiatric examination and questionnaire of symptoms, discussion with parents, based on ICD-10, Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM IV), Australian Scale for Aspergers Syndrome of M.S. Garnett and A.J. Atwood, Asperger Syndrome Diagnostic Interview (ASDI) developed by the investigator.

Key secondary outcome(s)

To prepare initial indications to supplement subjects with Aspergers syndrome and autistic 'well functioning' children and teenagers with PUFA, based on psychiatric and psychological evaluation, and blood tests.

Completion date

30/06/2012

Eligibility

Key inclusion criteria

1. Diagnosis of Aspergers syndrome according to ICD-10 (normal IQ)
2. Age 6 - 19 years

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

6 years

Upper age limit

19 years

Sex

All

Key exclusion criteria

Patients meeting at least one of below mentioned criteria (in the past or currently) will be excluded from participation in the study:

1. Bipolar disease
2. Psychotic disorders
3. Immunological disorders
4. Administration of PUFA or other fat supplements (e.g. lecithin) during last 3 months
5. Body mass index (BMI) lower than 18
6. Convulsions in the history (excluding high temperature convulsions)
7. Administration of epileptic drugs currently or in the past
8. Administration of alcohol or narcotic drugs during the last 3 months
9. Blood hypertension
10. Hyper- or hypothyroidism
11. Diabetes or glucose intolerance
12. Hyperlipidemia
13. Clotting abnormalities
14. Other acute or chronic diseases currently or in the past

Date of first enrolment

01/01/2011

Date of final enrolment

30/06/2012

Locations

Countries of recruitment

Poland

Study participating centre

Pelikanów 2d/8

Piaseczno

Poland

05-500

Sponsor information

Organisation

Indywidualna Specjalistyczna Praktyka Lekarska w Miejsu Wezwania (Poland)

Funder(s)

Funder type

Industry

Funder Name

Vifor AG (Switzerland)

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?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes