

An adaptogenic role for omega-3 fatty acids in stress: a randomised placebo controlled double blind intervention study (pilot)

Submission date

02/11/2004

Recruitment status

No longer recruiting

Registration date

02/11/2004

Overall study status

Completed

Last Edited

07/08/2007

Condition category

Mental and Behavioural Disorders

☐ Prospectively registered

☐ Protocol

☐ Statistical analysis plan

☒ Results

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Prof Stephen Myers

Contact details

P.O. Box 157

Lismore

Australia

2480

Additional identifiers

Protocol serial number

N/A

Study information

Scientific Title**Study objectives**

Not provided at time of registration

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)

Not Specified

Health condition(s) or problem(s) studied

Perceived stress

Interventions

Intervention: 6 g fish oil per day, containing 1.5 g docosahexaenoic acid (DHA)

Control: 6 g a day of olive oil (placebo)

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Not provided at time of registration

Key secondary outcome(s))

Not provided at time of registration

Completion date

01/09/2002

Eligibility**Key inclusion criteria**

University staff who scored ≥ 17 on the Perceived Stress Scale

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/06/2002

Date of final enrolment

01/09/2002

Locations**Countries of recruitment**

Australia

Study participating centre

P.O. Box 157

Lismore

Australia

2480

Sponsor information**Organisation**

Australian Centre for Complementary Medicine, Education and Research (ACCMER)

Funder(s)**Funder type**

Not defined

Funder Name

Not provided at time of registration

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	28/11/2004		Yes	No