

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	<input type="checkbox"/> Prospectively registered
Registration date 02/11/2004	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 07/08/2007	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Australia
2480

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
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

Secondary study design

Randomised controlled trial

Study setting(s)

Hospital

Study type(s)

Not Specified

Participant information sheet**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 measure

Not provided at time of registration

Secondary outcome measures

Not provided at time of registration

Overall study start date

01/06/2002

Completion date

01/09/2002

Eligibility

Key inclusion criteria

University staff who scored ≥ 17 on the Perceived Stress Scale

Participant type(s)

Patient

Age group

Not Specified

Sex

Not Specified

Target number of participants

Not provided at time of registration

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)

Sponsor details

P.O. Box 157
Lismore
Australia
2480

Sponsor type

Research organisation

Funder(s)

Funder type

Not defined

Funder Name

Not provided at time of registration

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	28/11/2004		Yes	No