

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

<b>Submission date</b> 02/11/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 02/11/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 07/08/2007	<b>Condition category</b> 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

### Contact name

Prof Stephen Myers

### Contact details

P.O. Box 157  
Lismore  
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  $\geq 17$  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?
<a href="#">Results article</a>	Results	28/11/2004		Yes	No