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# A randomised controlled trial of the effectiveness of a coping strategies intervention for people with head and neck cancer

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| **Submission date**<br>16/11/2005 | **Recruitment status**<br>No longer recruiting | [_] Prospectively registered<br>[_] Protocol |
| **Registration date**<br>16/11/2005 | **Overall study status**<br>Completed | [_] Statistical analysis plan<br>[_] Results |
| **Last Edited**<br>10/12/2007 | **Condition category**<br>Cancer | [_] Individual participant data<br>[_] Record updated in last year |

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

### ClinicalTrials.gov number

### Secondary identifying numbers
MCT-75475

# Study information

### Scientific Title

### Study objectives
Psychological distress in people with head and neck cancer. Those receiving the test intervention will have reduced psychological distress compared to those in the control group.

To test the effectiveness of the test intervention in reducing symptoms of psychological distress in people with head and neck cancer.

### Ethics approval required
Old ethics approval format

### Ethics approval(s)
Ethics approval received from the Institutional Review Board of McGill University, Montreal, Canada on the 25 July 2005.

### Study design
Randomised controlled trial

### Primary study design
Interventional

### Secondary study design
Randomised controlled trial

### Study setting(s)
Hospital

### Study type(s)
Treatment

### Participant information sheet

### Health condition(s) or problem(s) studied
Head and neck cancer

### Interventions
The test intervention is the 'Nucare program'; a psycho-educational intervention designed to teach cancer patients strategies to help them cope with having their disease. The intervention is a structured training package, delivered by trained therapists during 2-3 one-two hour sessions. The control intervention is an attention placebo in which individuals are invited to talk with the therapists concerning any problems they have with their cancer and treatment.

Trial details received 12 Sept 2005

### Intervention Type
Other

### Phase
Not Specified

### Primary outcome measure
Psychological distress symptoms as indicated by the depression scale of the Hospital Anxiety and Depression Scale (HADS) at 4 months following randomisation.

### Secondary outcome measures
1. Mean HADS anxiety and depression scale scores (measured at 8 weeks, 4, 8 months)
2. Quality of life, measured using the European Organisation for Research and Treatment of Cancer Quality of Life Questionnaire (EORTC QLQ) Core 30 and Head and Neck (H&N35) module
3. Coping strategies (measured using the Ways of Coping Checklist)
4. Smoking and alcohol consumption behaviours
5. 2 year post-diagnosis survival
6. Recurrent head and neck cancer incidence
7. New head and neck cancer incidence
8. Cost per depression averted

### Overall study start date
01/04/2005

### Completion date
31/03/2009

## Eligibility

### Key inclusion criteria
1. Are diagnosed with a primary cancer of the head and neck region (International Statistical Classification of Diseases and Related Health Problems [ICD-9] 140-149 and 161; lip, salivary glands, tongue, floor of mouth, other mouth, oropharynx, nasopharynx, other pharynx and larynx)
2. Age 18 years and older, either sex
3. Were diagnosed 6 - 12 months previously
4. Scored greater than 7 on one or both of the anxiety and depression scales of the Hospital Anxiety and Depression Scale (HADS)
5. Are able to understand and complete either English or French language questionnaires
6. Have signed a consent form

### Participant type(s)
Patient

### Age group
Adult

### Lower age limit

18 Years

### Sex
Both

### Target number of participants
250

### Key exclusion criteria
1. Are undergoing palliative or terminal care only
2. Have a previous history of malignant disease affecting other parts of their body
3. Have been diagnosed with depression and are currently undergoing any anti-depressive therapy
4. Live beyond 90 minutes traveling time by car/taxi from the site where they are recruited AND are unable or unwilling to travel to the recruitment hospital to receive the intervention as an alternative. This exclusion criterion will be used because a small proportion of patients at these clinics travel considerable distances for treatment and a limit must be made concerning the traveling time necessary for the therapists in the study.

### Date of first enrolment
01/04/2005

### Date of final enrolment
31/03/2009

## Locations

### Countries of recruitment
Canada

### Study participating centre
**Faculty of Dentistry**
Montreal
Canada
H3A 2B2

## Sponsor information

### Organisation
McGill University (Canada)

### Sponsor details

3640 University St.
Montreal
Canada
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### Sponsor type
Not defined

### ROR
https://ror.org/01pxwe438

## Funder(s)

### Funder type
Research organisation

### Funder Name
Canadian Institutes of Health Research (CIHR) (Canada) - http://www.cihr-irsc.gc.ca (ref: MCT-75475)

## 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