

# Cognitive behavioural therapy for persistent insomnia - a randomised controlled trial

<b>Submission date</b> 28/09/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 28/09/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 01/09/2015	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> 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

**Protocol serial number**  
N0321179916

## Study information

**Scientific Title**  
Cognitive behavioural therapy for persistent insomnia - a randomised controlled trial

**Study objectives**

To evaluate the clinical effectiveness of a manualised multifaceted CBT intervention administered on an individual basis to patients with persistent insomnia who present with their insomnia.

**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)**

Treatment

**Health condition(s) or problem(s) studied**

Mental and Behavioural Disorders: Insomnia

**Interventions**

1. Treatment group
2. Deferred treatment group

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

1. Sleep onset
2. Total sleep time
3. Wake time after sleep onset
4. Pittsburgh Sleep Quality Index
5. Disability days and service use

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

01/08/2005

**Eligibility****Key inclusion criteria**

Patients referred by their GP, aged between 18 and 65 and needed to meet the APA criteria for insomnia

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Upper age limit**

65 years

**Sex**

All

**Key exclusion criteria**

1. Psychosis
2. Significant cognitive impairment
3. Affective disorders of moderate to severe severity as diagnosed by ICD10
4. Insomnia secondary to medical illness requiring specific treatments

**Date of first enrolment**

01/10/2004

**Date of final enrolment**

01/08/2005

## **Locations**

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**St Ann's Hospital**

Poole

United Kingdom

BH13 7LN

# Sponsor information

## Organisation

Record Provided by the NHSTCT Register - 2007 Update - Department of Health

## Funder(s)

### Funder type

Government

### Funder Name

Dorset HealthCare NHS Foundation Trust (UK)

## 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?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes