

# A randomised trial of the use of hypnosis to affect menopausal vasomotor symptoms in women with early stage breast cancer, using a waiting list control

<b>Submission date</b>	<b>Recruitment status</b>	<input type="checkbox"/> Prospectively registered
29/09/2006	No longer recruiting	<input type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
29/09/2006	Completed	<input type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
27/02/2020	Cancer	<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

### Protocol serial number

N0013145883

# Study information

## Scientific Title

A randomised trial of the use of hypnosis to affect menopausal vasomotor symptoms in women with early stage breast cancer, using a waiting list control

## Study objectives

Is hypnosis an effective treatment for vasomotor symptoms of the menopause in women with early stage breast cancer?

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Added 23/03/10: approved by St Thomas Hospital LREC.

## Study design

Randomised controlled trial

## Primary study design

Interventional

## Study type(s)

Treatment

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

Cancer: Breast

## Interventions

Randomised trial with waiting list control: patients complaining of vasomotor symptoms of hot flushes/ night sweats have 3 sessions of hypnosis over 3 weeks. Control arm: similar treatment but delayed for 3 weeks. Both groups to keep diaries of vasomotor events and complete QOL questionnaires at strategic points through a 16-week period. On-going follow-up where possible.

## Intervention Type

Other

## Phase

Not Applicable

## Primary outcome(s)

Reduction in frequency or intensity of flushing compared with waiting list control. Treatment effects and improvements will be maintained for over 3 months for the combined group.

## Key secondary outcome(s)

Sustained effect passed 4 months as a secondary end-point.

## Completion date

01/09/2003

# Eligibility

## Key inclusion criteria

Women who suffer from vasomotor symptoms of menopause who fit the criteria for the national HRT & Breast Cancer Trial and who are randomised to non-hormonal intervention; or women who fit the criteria who are not in the HRT Trial at all.

Inclusion criteria:

1. Have had proven stage I/II breast cancer with no clinical evidence of recurrence (ER status where available will be documented but not used as an inclusion or exclusion criteria).
2. Have either: been amenorrhoeic for 36 months (including women who have had radiation or chemical induced ovarian suppression) irrespective of menopausal status at time of diagnosis or have had a surgical bilateral oophorectomy and are therefore eligible at any time after surgery.
3. Are experiencing vasomotor symptoms (i.e. hot flushes or night sweats) with or without vaginal dryness.
4. Have signed the informed consent form, including willingness to co-operate in assigned treatment and follow up.

All women who do not fall into the categories detailed in the ineligibility section below, will be eligible irrespective of current/previous treatment for breast cancer.

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Not Specified

## Sex

Female

## Key exclusion criteria

1. Are currently taking HRT, or have received oral or transdermal HRT within the last three months, or have received an HRT implant within the last 5 years
2. Are currently receiving chemotherapy, due to a theoretical increase in risk of venous thromboembolic disease (Pritchard et al 1996)
3. Are receiving GnRHa eg Zoladex, with less than 2 years treatment remaining. The amenorrhoeic state induced by Zoladex is completely reversible. Therefore, patients with less than 2 years treatment remaining would not eligible for the full 2 year term of the intended HRT treatment
4. Are pregnant

or have:

5. DCIS or LCIS alone
6. Recurrent breast cancer
7. Concomitant or previous other malignancy except non-melanoma skin cancer or in situ cancer of the cervix.
8. Undiagnosed post-menopausal bleeding

9. Severe, active liver disease with abnormal liver function tests
10. A history of alcohol, drug or chemical abuse
11. A history of DVT/PE or retinal vein thrombosis - patients with abnormal fibrinolysis or coagulation must be excluded. Patients with either thrombophlebitis or superficial phlebitis alone can be included
12. Acute, intermittent porphyria

#### **Date of first enrolment**

01/09/2002

#### **Date of final enrolment**

01/09/2003

## **Locations**

#### **Countries of recruitment**

United Kingdom

England

#### **Study participating centre**

Clinical Oncology

London

United Kingdom

SE1 7EH

## **Sponsor information**

#### **Organisation**

Record Provided by the NHSTCT Register - 2006 Update - Department of Health

## **Funder(s)**

#### **Funder type**

Government

#### **Funder Name**

Guy's and St. Thomas' NHS Foundation Trust (UK) Own Account

## **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