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# Effect of Citalopram on Health status, anxiety and depression in patients with chronic Obstructive pulmonary disease: a pilot study

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| **Submission date**<br>07/08/2007 | **Recruitment status**<br>No longer recruiting | [_] Prospectively registered<br>[_] Protocol<br>[_] Statistical analysis plan<br>[_] Results<br>[_] Individual participant data<br>[_] Record updated in last year |
| **Registration date**<br>21/04/2008 | **Overall study status**<br>Completed | |
| **Last Edited**<br>11/10/2017 | **Condition category**<br>Respiratory | |

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

## Contact information

**Type(s)**
Scientific

**Contact name**
Dr Christian P Subbe

**Contact details**
77 Brook Lane
Chester
United Kingdom
LL13 7TD
+44 (0)1978 291100
csubbe@hotmail.com

## Additional identifiers

**Protocol serial number**
N/A

## Study information

**Scientific Title**
Effect of Citalopram on Health status, anxiety and depression in patients with chronic Obstructive pulmonary disease: a pilot study

## Acronym
ECHO

## Study objectives
Chronic obstructive pulmonary disease (COPD) sufferers often experience a vicious circle of breathlessness and anxiety. These symptoms commonly lead to reduced physical activity, progressive loss of fitness, increasing social isolation and depression (which often goes undiagnosed). If this circle could be broken improved physical functioning and quality of life might result.

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
North Wales Health Authority Research Ethics Committee, 05/02/2003

## Study design
Single-centre randomised controlled trial

## Primary study design
Interventional

## Study type(s)
Treatment

## Health condition(s) or problem(s) studied
Chronic obstructive pulmonary disease (COPD)

## Interventions
Matching oral citalopram 20 mg and placebo, starting with half a tablet once per day for two weeks, then one tablet per day for the remaining weeks with monthly follow up for three months and a two week period of half a tablet per day prior to discontinuation of treatment.

## Intervention Type
Drug

## Phase
Not Applicable

## Drug/device/biological/vaccine name(s)
Citalopram

## Primary outcome(s)
Health-related quality of life, measured using St Georges Respiratory Questionnaire at baseline and 3 months

## Key secondary outcome(s))

1. Depression and anxiety, measured using the Hospital Anxiety and Depression Score (HADS) at baseline and 3 months
2. Depression and anxiety, measured using the Depression in Medical Illness, a 10-item questionnaire (DM-10) at baseline and 3 months

Additionally at baseline, 1, 2 and 3 months a structured side effect profile was checked.

### Completion date
01/08/2004

## Eligibility

### Key inclusion criteria
1. Diagnosis of COPD
2. Clinical diagnosis of anxiety or depression
3. Adults of either sex

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Adult

### Sex
All

### Key exclusion criteria
1. Severe ischaemic heart disease
2. On treatment for anxiety or depression
3. Terminal illness

### Date of first enrolment
01/08/2003

### Date of final enrolment
01/08/2004

## Locations

### Countries of recruitment
United Kingdom

Wales

### Study participating centre

**77 Brook Lane**
Chester
United Kingdom
LL13 7TD

# Sponsor information

**Organisation**
North East Wales NHS Trust (UK)

**ROR**
https://ror.org/03awsb125

# Funder(s)

**Funder type**
Government

**Funder Name**
North East Wales NHS Trust (UK) - Research and Development Fund

# 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? |
|---|---|---|---|---|---|
| Participant information sheet | Participant information sheet | 11/11/2025 | 11/11/2025 | No | Yes |