

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

<b>Submission date</b> 07/08/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 21/04/2008	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 11/10/2017	<b>Condition category</b> Respiratory	<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**  
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