Naturopathic Care for Low Back Pain: a randomised controlled trial

Submission date Recruitment status Prospectively registered 19/12/2006 No longer recruiting [] Protocol [] Statistical analysis plan Registration date Overall study status 16/01/2007 Completed [X] Results [] Individual participant data **Last Edited** Condition category 19/09/2007 Musculoskeletal Diseases

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Dr Edward Mills

Contact details

Department of Clinical Epidemiology The Canadian College of Naturopathic Medicine 1255 Sheppard Ave. E. Toronto Canada M2K 1E2

Additional identifiers

Protocol serial number LBPT01

Study information

Scientific Title

Acronym

NCLBP

Study objectives

Will naturopathic care including acupuncture, diet counselling, and deep breathing be equally or more effective than a physiotherapy equivalent?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Internal Review Board of The Canandian College of Naturopathic Medicine. Obtained in January 2005.

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Chronic low back pain

Interventions

Active: acupuncture, dietary counseling, relaxation exercises

Control: education on physiotherapy exercises

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Oswestry, Roland and Morris Disability Questionnaire

Key secondary outcome(s))

- 1. Short Form health survey (SF-36)
- 2. Spinal Forward Flexion
- 3. Medication and adjunctive treatment usage

Completion date

01/09/2005

Eligibility

Key inclusion criteria

- 1. Mentally competent volunteers 18 to 65, male or female
- 2. Low back pain of more than six weeks duration
- 3. Normal on physical examination at the pre-study physical

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

- 1. History of spinal operations
- 2. Current history of herniated disk
- 3. Current history of systemic rheumatological disease, ankylosing spondylitis, tumors, infection
- 4. Pregnancy

Date of first enrolment

01/01/2005

Date of final enrolment

01/09/2005

Locations

Countries of recruitment

Canada

Study participating centre Department of Clinical Epidemiology

Toronto Canada M2K 1E2

Sponsor information

Organisation

The Canadian College of Naturopathic Medicine (Canada)

ROR

Funder(s)

Funder type

Research organisation

Funder Name

Canada Post Corporation

Funder Name

Canadian Union of Postal Workers

Funder Name

The Canadian College of Naturopathic Medicine

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?
Results article	Results	19/09/2007		Yes	No