

# The effect of complementary therapies on improvement of diabetic control through lifestyle modification and reduction of stress response

<b>Submission date</b> 07/02/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 31/03/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 13/09/2016	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<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

### Contact name

Dr Jolanta Weaver

### Contact details

Gateshead Health NHS Foundation Trust  
Queen Elizabeth Hospital  
Newcastle University  
Gateshead  
United Kingdom  
NE9 6SX

## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

Version 1

## Study information

### Scientific Title

The effect of complementary therapies on improvement of diabetic control through lifestyle modification and reduction of stress response

### Study objectives

Not provided at time of registration

### 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

### Secondary study design

Randomised controlled trial

### Study setting(s)

Not specified

### Study type(s)

Not Specified

### Participant information sheet

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

Diabetes mellitus

### Interventions

Structured exercises of yoga and relaxation in randomly assigned subjects

### Intervention Type

Other

### Phase

Not Specified

### Primary outcome measure

Not provided at time of registration

### Secondary outcome measures

Not provided at time of registration

**Overall study start date**

01/04/2000

**Completion date**

31/05/2001

## **Eligibility**

**Key inclusion criteria**

1. Aged 30 years and over
2. Type II diabetes mellitus
3. Features of metabolic syndrome treated with either diet or hypoglycaemic agents

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Not Specified

**Target number of participants**

Not provided at time of registration

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/04/2000

**Date of final enrolment**

31/05/2001

## **Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Gateshead Health NHS Foundation Trust**

Gateshead

United Kingdom

NE9 6SX

# Sponsor information

## Organisation

Gateshead Health NHS Foundation Trust

## Sponsor details

Queen Elizabeth Hospital  
Sherrif Hill  
Gateshead  
England  
United Kingdom  
NE9 6SX

## Sponsor type

Hospital/treatment centre

## ROR

<https://ror.org/01aye5y64>

# Funder(s)

## Funder type

Government

## Funder Name

NHS Support R&D Funding (418/04)

## Funder Name

Health Action Zone

## Funder Name

District Nurse Community Funds

# Results and Publications

## Publication and dissemination plan

Not provided at time of registration

**Intention to publish date**

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**

Not provided at time of registration