

A randomised controlled trial of aromatherapy massage as a treatment for the symptoms of anxiety in clients with serious mental illness

Submission date 29/09/2006	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 29/09/2006	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 31/03/2020	Condition category Mental and Behavioural Disorders	<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

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Additional identifiers

Protocol serial number

N0321166096

Study information

Scientific Title

A randomised controlled trial of aromatherapy massage as a treatment for the symptoms of anxiety in clients with serious mental illness

Study objectives

Primary hypothesis: that aromatherapy massage will reduce anxiety in clients having serious mental disorders, as measured by standardised assessments over a six-week period. This will be tested in a randomised controlled trial against a control group who will remain untreated temporarily on a six-week waiting list.

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

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Mental and Behavioural Disorders: Anxiety

Interventions

1. Group receiving aromatherapy massage
2. Group temporarily not receiving aromatherapy massage

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Trait and State anxiety assessment by self-completed, standardised inventories: Hospital Anxiety and Depression Scale (HADS), General Health Questionnaire (GHQ-30); State--Trait Anxiety Inventory (STAI-30).

Physiological measurement of blood pressure, pulse rate and breathing rate.

Key secondary outcome(s)

Not provided at time of registration

Completion date

24/11/2005

Eligibility

Key inclusion criteria

Clients of community health teams in Bournemouth, Poole or Dorset who have a diagnosis of serious mental disorder of a non-psychotic nature (regarding affective disorders) and require specialist anxiety therapy for a concurrent/principal anxiety state. Clients will be referred by their care-coordinator under CPA (Care Plan Approach) on standard or enhanced care.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

Not Specified

Key exclusion criteria

People with psychotic disorders or drug/alcohol dependency problems.

Date of first enrolment

20/09/2004

Date of final enrolment

24/11/2005

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

West Bournemouth CMHT

Bournemouth

United Kingdom

BH2 5JW

Sponsor information

Organisation

Funder(s)

Funder type

Government

Funder Name

Dorset Healthcare NHS Trust (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration