

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

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

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

## Secondary identifying numbers

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

## Secondary study design

Randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Treatment

## Participant information sheet

## 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 measure**

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.

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

20/09/2004

**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

**Age group**

Adult

**Sex**

Not Specified

**Target number of participants**

61

**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**

England

United Kingdom

**Study participating centre**  
**West Bournemouth CMHT**  
Bournemouth  
United Kingdom  
BH2 5JW

## Sponsor information

### Organisation

Record Provided by the NHSTCT Register - 2006 Update - Department of Health

### Sponsor details

The Department of Health, Richmond House, 79 Whitehall  
London  
United Kingdom  
SW1A 2NL  
+44 (0)20 7307 2622  
dhmail@doh.gsi.org.uk

### Sponsor type

Government

### Website

<http://www.dh.gov.uk/Home/fs/en>

## Funder(s)

### Funder type

Government

### Funder Name

Dorset Healthcare NHS Trust (UK)

## 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