

# Cognitive Behaviour Therapy for Health Anxiety in a genitourinary medicine clinic

<b>Submission date</b> 15/10/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 06/02/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 03/10/2008	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
NNHA/600

# Study information

## Scientific Title

## Acronym

CBTHA

## Study objectives

Comprison of the effectiveness of cognitive behaviour therapy focused on health anxiety in a GenitoUrinary Medicine (GUM) clinic compared with treatment as usual.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Approval received from the North Nottinghamshire Local Research Ethics Committee on the 15th May 2002 (ref no: NNHA/600).

## 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

Health anxiety (hypochondriasis)

## Interventions

Active Treatment Group:

Up to seven sessions of individual cognitive behaviour therapy together with a booklet describing cognitive behaviour therapy in health anxiety (14 pages)

Control Group:

Single interview within the clinic explaining the concept of health anxiety (control group)

## Intervention Type

Other

**Phase**

Not Specified

**Primary outcome measure**

Reduction in Health Anxiety Inventory scores (HAI) at six months

**Secondary outcome measures**

1. HAI at 12 months
2. Changes in social function, anxiety and depression scores at three, six and 12 months

**Overall study start date**

01/05/2002

**Completion date**

30/11/2006

**Eligibility****Key inclusion criteria**

Outpatients presenting to the GUM clinic at Kings Mill Hospital, Sutton-in-Ashfield, Nottinghamshire and felt to be suffering from health anxiety by any doctor in the clinic (including HS) were given the Health Anxiety Inventory (HAI) and those with a score of 18 or over invited to take part in the study if they were resident in the area, had sufficient command of English to understand the questionnaires and gave written informed consent for research assessment and examination of patient records.

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Not Specified

**Target number of participants**

50

**Key exclusion criteria**

Psychotropic drug treatment taken in the previous six months before entry to the study and current psychiatric care.

**Date of first enrolment**

01/05/2002

**Date of final enrolment**

30/11/2006

**Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Department of Psychological Medicine**

London

United Kingdom

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## **Sponsor information**

**Organisation**

Imperial College (UK)

**Sponsor details**

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**Sponsor type**

University/education

**Website**

<http://www.imperial.ac.uk>

**ROR**

<https://ror.org/041kmwe10>

## **Funder(s)**

**Funder type**

Charity

**Funder Name**

Sir Jules Thorn Charitable Trust (UK) (Seedcorn Grant: PC2317)

**Alternative Name(s)**

The Sir Jules Thorn Charitable Trust

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Trusts, charities, foundations (both public and private)

**Location**

United Kingdom

**Funder Name**

Sherwood Forest NHS Trust (UK) (ref: P00629)

## 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

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	Results	01/10/2008		Yes	No