

Effectiveness and cost-effectiveness of an educational intervention for practice teams to deliver problem focused therapy for insomnia: a pilot cluster randomised trial

Submission date 27/06/2008	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
Registration date 31/07/2008	Overall study status Completed	<input checked="" type="checkbox"/> Protocol
Last Edited 05/03/2014	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Not provided at time of registration

Study website

<http://www.restproject.org.uk>

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N/A

Study information

Scientific Title

Study objectives

Sleep problems are common, affecting two fifths of the population. Poor sleep (insomnia) is linked with psychological problems such as depression and physical problems such as high blood pressure, weight gain and heart disease. Many of those affected seek help from GPs whose response is often limited to sleep hygiene advice (a bedtime routine avoiding caffeine, alcohol, cigarettes or other stimulants) or prescription of sleeping pills (hypnotics) neither of which has been shown to be effective in the long term. Drugs for sleep difficulties are ineffective long term and probably do more harm than good, particularly in the elderly. Psychological /behavioural methods for managing sleep problems, termed cognitive behavioural therapy for insomnia (CBTi) have been shown to be effective and cost-effective when delivered by specialists but have not been fully evaluated in a general practice setting where they are most likely to be needed and most appropriately delivered.

Hypothesis:

Education for primary care teams in problem focused therapy for patients presenting to primary care with insomnia leads to better sleep outcomes for patients compared to treatment as usual with sleep hygiene up to three months from the beginning of treatment.

Ethics approval required

Old ethics approval format

Ethics approval(s)

The North Nottingham Local Research Ethics Committee, approval received on the 16th September 2008 (ref: 08/H0406/128).

Study design

Cluster randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

GP practice

Study type(s)

Treatment

Participant information sheet

Not available in web format, please use the contact details provided in the Interventions field to request a patient information sheet.

Health condition(s) or problem(s) studied

Insomnia

Interventions

We will undertake a pilot cluster randomised controlled trial (RCT) in which general practices are the unit of randomisation and where data will be collected from patients. Recruited general medical practices will be randomised to one of two arms; intervention consisting of education of primary care teams to use problem focused therapy for insomnia comprising sleep assessment tools (sleep diaries and Insomnia Severity Index) and modified cognitive behavioural therapy for insomnia (mCBTi); or a control arm using treatment as usual (TAU).

Patients will be involved in the study for a total of 13 weeks. Study outcomes will be measured at baseline, 4 weeks, 8 weeks and 13 weeks. Follow-up assessments will be performed using a telephone call at 2 weeks after the first treatment and self-completed postal questionnaires at all other timepoints. Non-responders will be telephoned 1 week after mailing the follow-up questionnaire on up to two occasions and posted a replacement questionnaire with a reminder letter if there is still no response at 2 weeks.

Please use the following contact details to request a patient information sheet:

Miss Tanefa Apekey
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REST Project
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Tel: +44 (0)1522 515406

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Global sleep quality as measured by PSQI at 0, 4, 8 and 13 weeks.

Secondary outcome measures

Measured at 0, 4, 8 and 13 weeks:

1. The effect of the intervention on sleep outcome measures assessed with PSQI and sleep diaries:

1.1. Self reported sleep onset latency (SOL): how long it takes to fall asleep

1.2. Wake time after sleep onset (WASO): total hours awake at night after one has fallen asleep

1.3. Total time in bed (TIB)

1.4. Sleep efficiency (SE). Sleep efficiency, expressed as a percentage, is calculated as follows: SE

= (100- [(SOL + WASO/TIB) x 100])

2. Daytime sleepiness (Epworth Sleepiness Scale)
3. Anxiety and depression using the generic Beck Depression Inventory
4. Health-related quality of life using EuroQol EQ-5D
5. Frequency of use and mean dose of hypnotic medication

Patients will also keep a Data Record Book (DRB) to record any adverse effects that participants might experience during the treatment period.

Overall study start date

01/09/2008

Completion date

30/08/2009

Eligibility

Key inclusion criteria

1. At least 18 years old, either sex
2. Difficulty initiating and/or maintaining sleep for one month or more verified by Pittsburgh Sleep Quality Index (PSQI) score of greater than or equal to 5
3. New presentations with insomnia and existing patients on long term hypnotics
4. Points 1 - 3 above and sleep disrupted by painful conditions
5. Points 1 - 3 above and moderate/mild depression measured by the Beck Depression Inventory (BDI) (score 11 - 30)

Participant type(s)

Patient

Age group

Adult

Lower age limit

18 Years

Sex

Both

Target number of participants

80 patients recruited from 4 general practices (20 patients per practice)

Key exclusion criteria

1. Current or previous illicit substance or alcohol abuse
2. Pregnant or planning pregnancy in the next 12 months
3. Psychotic illness and severe depression defined by a BDI score greater than or equal to 31
4. Documented or active symptoms of sleep disruptive comorbid conditions, e.g. restless legs syndrome and any type of parasomnia
5. Obstructive sleep apnoea
6. Terminal illness
7. Inability to consent

Date of first enrolment

01/09/2008

Date of final enrolment

30/08/2009

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

Professor of Primary Care, University of Lincoln

Lincoln

United Kingdom

LN6 7TS

Sponsor information

Organisation

Lincolnshire Primary Care Trust (UK)

Sponsor details

c/o Mrs Lynne Moody

Head of Professional Standards

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Sponsor type

Hospital/treatment centre

Website

<http://www.lpct.nhs.uk>

Funder(s)

Funder type

Government

Funder Name

The Health Foundation (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

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article	protocol	26/01/2009		Yes	No
Results article	treatment fidelity results	01/01/2014		Yes	No