

# The Newcastle COPD CBT CARE Study

<b>Submission date</b> 20/10/2011	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 20/10/2011	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 21/01/2019	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Many people in the United Kingdom with chronic obstructive pulmonary disease (COPD) also experience feeling anxious or low in their mood. This study aims to see if a treatment called cognitive behavioural therapy (CBT) can help reduce symptoms. Cognitive Behavioural Therapy (CBT) is a method used to explore how we think, feel and act when we have a physical health problem. The benefit of CBT is that it can hopefully change the way patients cope with their illness and symptoms in a practical, problem solving way.

### Who can participate?

Patients can participate if they have a confirmed diagnosis of COPD, any gender and any age.

### What does the study involve?

Patients are randomly allocated either self-help leaflets to work through or individual appointments with a nurse for up to six sessions of CBT. All patients are followed up after three, six and 12 months with questionnaires to assess their progress.

### What are the possible benefits and risks of participating?

Not provided at time of registration

### Where is the study run from?

Royal Victoria Infirmary, New Victoria Wing, Newcastle (UK)

### When is study starting and how long is it expected to run for?

June 2011 to October 2014

### Who is the main contact?

Ms K Heslop

## Contact information

### Type(s)

Scientific

### Contact name

Ms K Heslop

**Contact details**

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**Additional identifiers****Protocol serial number**

10519

**Study information****Scientific Title**

A single centre randomised controlled trial to identify if cognitive behavioural therapy delivered by respiratory nurses reduces anxiety and depression in patients with chronic obstructive pulmonary disease (CBT CARE Study).

**Study objectives**

A single centre randomised controlled trial to identify if cognitive behavioural therapy delivered by respiratory nurses reduces anxiety & depression in patients with chronic obstructive pulmonary disease at 3, 6 & 12 months.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Sunderland Ethics Committee, 25/02/2011, ref: 11/NE/0025

**Study design**

Randomised, interventional, treatment

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Anxiety, depression, respiratory.

**Interventions**

As of 14/10/2016:

The two interventions were:

1. Group A – CBT Arm (Brief CBT treatment delivered by respiratory nurses).

Group A received a brief CBT intervention called the Lung Manual Programme plus self-help leaflets (Northumberland, Tyne and Wear Mental Health Trust leaflets on panic) and the Self-Help Toolkit were provided. Depression and low mood leaflets were provided if co-existing symptoms of depression were identified. The CBT was delivered by one of four respiratory nurses who had at least three days prior training in CBT with specific study training.

Individualised treatment plans were developed to deliver between two and six sessions of CBT at two weekly intervals depending on clinical need. The first session lasted 30 to 45 minutes and follow-up sessions lasted 15 to 30 minutes. CBT therapy was administered in the hospital outpatient clinic or home setting for patients who were housebound.

2. Group B – Active control arm - Self Help Leaflets

Patients in group B were randomised to receive the same self-help leaflets as the CBT group. Patients were provided the leaflets, advised to read them thoroughly and complete the exercises within them. Patients were encouraged to contact their primary care team should further help be required.

Follow-up period: 12 months

Initial

Cognitive Behavioural Therapy, Psychological treatment for anxiety & depression.

Follow Up Length: 12 month(s)

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome(s)**

Does CBT delivered by respiratory nurses reduce anxiety (1.5 points on HADS scale).; Timepoint (s): At 3 months

### **Key secondary outcome(s)**

1. Does CBT delivered by respiratory nurses reduced anxiety & depression compared to standard care measured at timepoint(s) 6 & 12 months

2. Reduction in Hospital Anxiety & Depression Scale of at least 1.5 points compared to standard care measured at timepoint(s): 6 months & 12 months

### **Completion date**

13/10/2014

## **Eligibility**

### **Key inclusion criteria**

1. Patient with a confirmed diagnosis of COPD (FVC/FEV1 ratio <70%, NICE, 2010)

2. People with all disease severity will be eligible including mild to moderate (FEV1 >50% predicted) and severe to very severe (<50% predicted)

3. Patients with probable anxiety as defined by Hospital Anxiety and Depression Scale Anxiety Subscale (HADS-A) scores >8

4. Willing to participate in the study and able to provide written informed consent
5. Agreed to attend a minimum of 2 and maximum of 6 CBT sessions
6. Target Gender: Male & Female
7. Lower Age Limit 18 years

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

1. Patients with HADSA score <8 (within normal range)
2. Patients with known psychosis and personality disorders
3. Patients currently receiving psychological therapy including counselling, psychotherapy including CB
4. Patients unable to engage in CBT e.g. cognitive impairment or dementia)
5. Patients with limited verbal and/or written communication problems

**Date of first enrolment**

16/06/2011

**Date of final enrolment**

13/10/2014

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Royal Victoria Infirmary, New Victoria Wing**

Queen Victoria Road

Newcastle Upon Tyne

United Kingdom

NE1 4LP

# Sponsor information

## Organisation

National Institute of Health Research (UK)

## ROR

<https://ror.org/0187kwz08>

# Funder(s)

## Funder type

Government

## Funder Name

NIHR/CNO Clinical Academic Training Fellowship (UK)

# Results and Publications

## 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	23/11/2018	21/01/2019	Yes	No
<a href="#">Protocol article</a>	protocol	04/11/2013		Yes	No