

# Acupuncture for depression: a pilot for a randomised controlled trial

<b>Submission date</b> 22/02/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 04/04/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 28/08/2018	<b>Condition category</b> Mental and Behavioural Disorders	<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

Dr Hugh MacPherson

### Contact details

Department of Health Sciences  
University of York  
York  
United Kingdom  
YO10 5DD  
+44 (0)1904 321394  
hm18@york.ac.uk

## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N/A

# Study information

## Scientific Title

Acupuncture for depression: a pilot for a randomised controlled trial

## Study objectives

Aim: to conduct a pilot for a randomised controlled trial that will evaluate the effectiveness and cost-effectiveness of acupuncture for depression, when provided as adjunct to usual General Practitioner (GP) care.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Ethics approval received from the York Local Research Ethic Committees (York LREC) on the 4th January 2007 (ref: 06/Q1108/56).

## Study design

A pilot randomised controlled trial with three arms: acupuncture and non-directive counselling as adjuncts to usual care, and usual care alone

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

GP practice

## Study type(s)

Treatment

## Participant information sheet

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

Depression

## Interventions

Participants will receive one of the following:

1. Acupuncture and usual care
2. Non-directive counselling and usual care
3. Usual care alone

## Intervention Type

Other

## Phase

Not Specified

**Primary outcome measure**

Beck Depression Inventory

**Secondary outcome measures**

1. PHQ-9 questionnaire
2. Short Form health survey (SF-36) bodily pain sub-scale
3. European Quality of life (EQ-5D) questionnaire
4. Well-Being Questionnaire 12

**Overall study start date**

22/02/2007

**Completion date**

21/02/2008

## Eligibility

**Key inclusion criteria**

1. Patients who are being managed in primary care
2. Patients who have consulted their GP and have been diagnosed with depression
3. A depression score of 10 or above on the Patient Health Questionnaire 9 (PHQ9)
4. A Diagnostic Statistical Manual of mental disorders fourth edition (DSM IV) based screening instrument for depression
5. Are over eighteen years of age

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Both

**Target number of participants**

40

**Key exclusion criteria**

1. Diagnosed with terminal illness
2. Mobility issues: cannot travel to appointments
3. Involved with other research projects
4. Dementia, learning difficulties, and communication problems
5. Currently receiving acupuncture or counselling
6. Cannot speak sufficient English to communicate with a counsellor or acupuncture practitioner
7. Alcohol or substance abuse problems
8. Received a diagnosis of bipolar disorder, psychosis, or personality disorder

**Date of first enrolment**

22/02/2007

**Date of final enrolment**

21/02/2008

## **Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

Department of Health Sciences

York

United Kingdom

YO10 5DD

## **Sponsor information**

**Organisation**

University of York (UK)

**Sponsor details**

(c/o Ms Sue Final)

Research Support Office

University of York

Heslington

York

England

United Kingdom

YO10 5DD

+44 (0)1904 434401

smf3@york.ac.uk

**Sponsor type**

University/education

**Website**

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

**ROR**

<https://ror.org/04m01e293>

## **Funder(s)**

**Funder type**

Government

**Funder Name**

Department of Health (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?
<a href="#">Protocol article</a>	protocol	09/01/2009		Yes	No