

Hygienic-dietary recommendations in patients with Depression

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| Submission date 26/03/2010 | Recruitment status No longer recruiting | <input type="checkbox"/> Prospectively registered |
| | | <input checked="" type="checkbox"/> Protocol |
| Registration date 18/05/2010 | Overall study status Completed | <input type="checkbox"/> Statistical analysis plan |
| | | <input type="checkbox"/> Results |
| Last Edited 14/07/2010 | Condition category 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

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Additional identifiers

Protocol serial number
PI07/0544

Study information

Scientific Title
Effectiveness of hygienic-dietary recommendations as enhancers of antidepressant treatment in patients with Depression

Acronym

HD-Dep

Study objectives

Depressed patients who follow hygienic-dietary recommendations will experience an improvement in their clinical course compared with a control group.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Research and clinical trials ethics committee of the Balearic Islands (CEIC) approved on in February 2008 (ref: 733-06 IB-PI)

Study design

Multicentre two-arm randomised study

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Depression

Interventions

Written recommendations were delivered by the psychiatrist who collaborated in the study. There were only two recommendations options that were allocated at random.

Intervention group:

1. Go to bed when sleepy and not before 11 o'clock at night. Use the bed and bedroom only for sleep and sex (do not read, watch TV or stay in it during the day). If you do not fall asleep after 15-20 minutes get up and deal in any activity until you have the feeling of sleepiness to go back to bed. Get up early, never later than 9 am, whatever you have slept at night. Do not lie or nap during the day.
2. Walk at least 1 hour a day, at a good pace but without having short of breath or being unable to talk while walking. If you think you have a medical problem which can make your walking troublesome consult your doctor. Use comfortable footwear for walking and after have a shower or a bath.
3. Be at least 2 hours per day exposed to sunlight, taking precautions to avoid sunburn or sunstroke (sunscreen, hat, etc.)..
4. Try to eat a healthy and balanced diet. Eat at regular hours without turning it between meals, especially sweet or sugary drinks. Eat fish at least three times per week, plus fruit, cereals, nuts and vegetables daily.

Control group:

1. Sleep the hours that your body need to feel you as the good as possible.
 2. Adapt the pace of daily physical activity to meet your needs best.
 3. If exposed to sunlight take precautions to avoid sunburn or sunstroke (sunscreen, hat, etc.)..
 5. Try to eat a healthy and balanced diet.
- The total duration of the intervention will be 6 months.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Score on Hamilton Scale for Depression (HAMD-17) obtained by blinded assessors before and after intervention.

Key secondary outcome(s)

1. Self-administered Beck Depression Inventory (BDI-21)
2. Clinical Global Impression scale (CGI)
3. SF-36 Health Status (Short-Form SF-36)

All outcomes were measured in the screening visit and final visit after 6 months.

Completion date

31/05/2010

Eligibility**Key inclusion criteria**

1. Patients of both sexes over 18 years
2. Patients experiencing a depressive episode according to DSM-IV-TR diagnostic criteria (Major depressive disorder, Dysthymic disorder or Bipolar disorder depressive phase)
3. Patient receiving antidepressant treatment
4. Patient who has the ability to communicate and give informed consent in writing
- 5 . Women of childbearing age using a secure contraception

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Patients suffering from another disease that affects CNS (cerebral organic pathology or who has suffered any serious head injury, dementia, etc.)
2. Other psychiatric diagnosis or severe psychiatric illness (substance dependence and abuse, schizophrenia or other psychotic disorders, eating disorders, etc.), except anxious pathology or personality disorders

3. Presence of medical condition severe, uncontrolled, or potentially interfering with affective symptomatology
4. Presence of delusions or hallucinations at the time of the study
5. Significant risk of suicide
6. Pregnancy or lactation

Date of first enrolment

11/04/2008

Date of final enrolment

31/05/2010

Locations

Countries of recruitment

Spain

Study participating centre

Edificio IUNICS

Palma de Mallorca

Spain

07122

Sponsor information

Organisation

Carlos III Health Institute (Instituto de Salud Carlos III) (Spain)

ROR

<https://ror.org/00ca2c886>

Funder(s)

Funder type

Research organisation

Funder Name

Carlos III Health Institute (Instituto de Salud Carlos III) (Spain) - Health Research Fund (Fondo de Investigaciones Sanitarias [FIS])

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? |
|---|-------------------------------|--------------|------------|----------------|-----------------|
| Protocol article | protocol | 09/07/2010 | | Yes | No |
| Participant information sheet | Participant information sheet | 11/11/2025 | 11/11/2025 | No | Yes |