

# A new practical self-help intervention to enable alcoholics and opiate addicts to relax and cope with unwanted urges and cravings

<b>Submission date</b> 30/09/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 30/09/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 11/08/2016	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<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

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### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

### Secondary identifying numbers

N0038104052

# Study information

## Scientific Title

A new practical self-help intervention to enable alcoholics and opiate addicts to relax and cope with unwanted urges and cravings

## Study objectives

Does a self-help intervention based on EMD-R (Eye Movement Desensitisation and Reprocessing) help alcohol and opiate addicts relax and cope with cravings/urges?

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Not provided at time of registration

## 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

Mental and Behavioural Disorders: Drug abuse

## Interventions

Group A. Treatment As Usual (TAU)

Group B. TAU and Eye Movement Desensitisation and Reprocessing (END-R)

Trial without blinding to treatment as usual, or one session of training and experience in the use of bilateral alternating auditory stimulation as a self help therapy

## Intervention Type

Other

## Phase

Not Specified

## Primary outcome measure

1. Measures of ability to deal with stress/pressures: Visual Analogue Scale (VAS), Hassles and Uplifts Scale (Kanner et al 1981)
2. Measures of ability to resist cravings (urges, VAS, Drug-Taking Confidence Questionnaire [DTCQ], Situational Confidence)

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

01/02/2002

**Completion date**

01/07/2003

## Eligibility

**Key inclusion criteria**

Opiate and alcohol dependent clients being referred for treatment or currently in treatment at the North Somerset Specialist Drug and Alcohol Service.

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Not Specified

**Target number of participants**

Not provided at time of registration

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/02/2002

**Date of final enrolment**

01/07/2003

## Locations

**Countries of recruitment**

England

United Kingdom

**Study participating centre**  
**North Somerset Specialist Drug & Alcohol Service**  
Weston super Mare  
United Kingdom  
BS23 1PG

## **Sponsor information**

**Organisation**  
Department of Health

**Sponsor details**  
Richmond House  
79 Whitehall  
London  
United Kingdom  
SW1A 2NL

**Sponsor type**  
Government

**Website**  
<http://www.dh.gov.uk/Home/fs/en>

## **Funder(s)**

**Funder type**  
Hospital/treatment centre

**Funder Name**  
Avon and Wiltshire Mental Health Partnership NHS Trust

## **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