A feasibility study to test the methods and recruitment procedures towards a future randomised trial of self-hypnosis versus antidepressant medication for the management of depression

Submission date	Recruitment status No longer recruiting	Prospectively registered		
02/12/2005		☐ Protocol		
Registration date	Overall study status Completed Condition category	Statistical analysis plan		
24/01/2006		[X] Results		
Last Edited		Individual participant data		
20/01/2011	Mental and Behavioural Disorders			

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number CZG/2/121

Study information

Scientific Title

Study objectives

The future aim of this work was to conduct a randomised trial of nurse-taught self-hypnosis versus antidepressant drug treatment in primary care. However, an initial feasibility study was proposed to determine the feasibility and acceptability of the study and its proposed methods.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Reviewed and approved by National Health Service Lothian Research Ethics Committee

Study design

Patient preference trial measuring the response to either nurse led antidepressants or self-hypnosis

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Depression

Interventions

A nurse led audio compact disc (CD) package on self-hypnosis versus GP prescribed antidepressant treatment (usual care).

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

- 1. Changes in scores on the Beck Depression Inventory
- 2. Brief Symptom Inventory
- 3. SF-36

Key secondary outcome(s))

Not provided at time of registration

Completion date

12/12/2004

Eligibility

Key inclusion criteria

Eligible patients were all those aged 18-65 with a diagnosis of depression and receiving a new prescription for antidepressants from their general practitioner (GP)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Upper age limit

65 years

Sex

All

Key exclusion criteria

Exceptions were those with bipolar depression, psychoses, alcohol and illicit drug use and active suicidal ideas.

Date of first enrolment

31/05/2004

Date of final enrolment

12/12/2004

Locations

Countries of recruitment

United Kingdom

Scotland

Study participating centre Reader in Sociology

Stirling United Kingdom FK9 4LA

Sponsor information

Organisation

University of Edinburgh (UK)

ROR

https://ror.org/01nrxwf90

Funder(s)

Funder type

Government

Funder Name

Chief Scientist Office of the Scottish Executive Health Division ref CZG/2/121 (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?
Results article	results	01/07/2009		Yes	No