ISRCTN77598683 https://doi.org/10.1186/ISRCTN77598683

The effectiveness of sustained acupressure in addition to group counselling and nicotine replacement therapy in a smoking cessation clinic: a pilot study

Submission date
19/09/2006

Recruitment status
No longer recruiting

Registration date
30/10/2006

Overall study status
Completed

Last Edited
16/05/2007

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Adrian White

Contact details
N32 ITTC Building
Tamar Science Park
Plymouth
United Kingdom
OK6 8BX
+44 (0)1752 764448
adrian.white@pms.ac.uk

Additional identifiers

Protocol serial number
N0184158213

Study information

Scientific Title

Study objectives
Pilot study: to test accrual, compliance, adverse events, outcome measures.
Underlying hypotheses: that acupuncture reduces either nicotine withdrawal symptoms and/or use of Nicotine Replacement Therapy (NRT).

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approval granted 8 March 2005 (reference: 04/Q2103/154).

Study design
Randomised controlled trial with three arms.

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Smoking cessation

Interventions
1. Acupressure with two beads
2. Acupressure with one bead
3. No additional intervention

All participants receive standard intervention with group therapy and NRT.

Intervention Type
Drug

Phase
Not Specified

Drug/device/biological/vaccine name(s)
Nicotine replacement therapy

Primary outcome(s)
1. Counts (accrual, use of beads, adverse events)
2. Mood and Physical Symptoms Scale
3. NRT consumption

Key secondary outcome(s))
Not provided at time of registration

Completion date
20/07/2005

Eligibility

Key inclusion criteria
1. Smoke more than ten cigarettes/day
2. Were aged 18 years or over
3. Intended to stop smoking on the quit date
4. Chose NRT rather than bupropion
5. Gave informed consent

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
All

Key exclusion criteria
1. History of current otitis externa or other pathological condition of the ear
2. History of a poorly controlled relevant medical condition
3. Currently taking anti-depressant or anti-psychotic medication
4. History of allergy to adhesive dressing
5. Belief of pregnancy
6. Already participating in a research project

Date of first enrolment
04/04/2005

Date of final enrolment
20/07/2005

Locations

Countries of recruitment
United Kingdom

Study participating centre

N32 ITTC Building
Plymouth
United Kingdom
OK6 8BX

Sponsor information

Organisation
Peninsula Medical School (UK)

ROR
https://ror.org/04dtfyh05

Funder(s)

Funder type
Government

Funder Name
Supported by the DH-National Co-ordinating Centre for Research Capacity Development (NCC RCD); and by the Smoking Advice Service, Plymouth PCT (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:	14/03/2007		Yes	No