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# 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

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

### Secondary identifying numbers
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

### Secondary study design
Randomised controlled trial

### Study setting(s)
Other

### Study type(s)
Treatment

### Participant information sheet

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

### Secondary outcome measures
Not provided at time of registration

### Overall study start date
04/04/2005

### 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

### Age group
Adult

### Lower age limit
18 Years

### Sex
Both

### Target number of participants
24

### 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
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## Sponsor information

**Organisation**
Peninsula Medical School (UK)

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**Sponsor type**
Hospital/treatment centre

**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

### 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? |
|---|---|---|---|---|---|
| Results article | Results: | 14/03/2007 | | Yes | No |