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# A randomised controlled trial to assess the effectiveness of massage for chronic pain

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| **Submission date**<br>08/06/2007 | **Recruitment status**<br>No longer recruiting | [_] Prospectively registered<br>[_] Protocol<br>[_] Statistical analysis plan<br>[X] Results<br>[_] Individual participant data |
| **Registration date**<br>04/12/2007 | **Overall study status**<br>Completed | |
| **Last Edited**<br>11/08/2008 | **Condition category**<br>Signs and Symptoms | |

**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**
NAPREC 97.053

# Study information

## Scientific Title

## Study objectives
Does massage for chronic non-malignant pain reduce pain and anxiety?

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Oxford Nursing and Allied Professions Ethics Committee (NAPREC) (ref: 97.053)

## Study design
Randomised controlled trial

## Primary study design
Interventional

## Secondary study design
Randomised controlled trial

## Study setting(s)
Not specified

## Study type(s)
Not Specified

## Participant information sheet

## Health condition(s) or problem(s) studied
Chronic non-malignant pain

## Interventions
Intervention: 15 min massage
Control intervention: 15 min talk with a nurse about their pain

## Intervention Type
Other

## Phase
Not Specified

## Primary outcome measure
1. Pain, assessed immediately after massage and 1, 2, 3 and 4 hours later using a Visual Analogue Scale (VAS) and the McGill Pain Questionnaire
2. Anxiety, assessed immediately after massage and 1, 2, 3 and 4 hours later by the short form Spielberg State-Trait Anxiety scale

### Secondary outcome measures
Overall rating of intervention by patient and observer (researcher), assessed by an interview after intervention (normally at 4 hours, however for some of the participants who dropped out of study the interview took place at a earlier timepoint)

### Overall study start date
01/01/1998

### Completion date
31/12/2000

## Eligibility

### Key inclusion criteria
Patients aged 18 or over attending pain relief unit whose pain was described as moderate or severe.

### Participant type(s)
Patient

### Age group
Adult

### Lower age limit
18 Years

### Sex
Both

### Target number of participants
120

### Key exclusion criteria
1. Non-English speakers
2. Taken analgesics within two hours prior to treatment

### Date of first enrolment
01/01/1998

### Date of final enrolment
31/12/2000

## Locations

### Countries of recruitment
England

United Kingdom

**Study participating centre**
**Whichford House**
Oxford
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# Sponsor information

**Organisation**
Royal College of Nursing Institute (UK)

**Sponsor details**
Whichford House
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**Sponsor type**
University/education

**Website**
http://www.rcn.org.uk

**ROR**
https://ror.org/0496m4831

# Funder(s)

**Funder type**
Government

**Funder Name**
Oxfordshire Health Services Research Fund (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 | 04/07/2008 | | Yes | No |