ISRCTN15126436 https://doi.org/10.1186/ISRCTN15126436

An investigation into the use of relaxation therapy as an intervention for hot flushes in women who have had breast cancer

Submission date	Recruitment status	[_] Prospectively registered
15/10/2002	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
15/10/2002	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
08/10/2012	Cancer	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

Study information

Scientific Title

Acronym
RELAX

Study objectives
To test whether relaxation can reduce the incidence and severity of menpausal hot flushes in women with breast cancer.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Breast cancer

Interventions
Women are randomised to:
1. Control arm: no further treatment
2. Treatment arm: relaxation method

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Not provided at time of registration

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

Completion date
01/01/2001

Eligibility

Key inclusion criteria
Patients should:
1. Meet the national HRT study entry criteria
2. Women diagnosed with stage I/II breast cancer with no evidence of recurrence
3. Be postmenopausal (amenorrhoea for >6 months or surgical or radiation ovarian ablation)
4. Be experiencing menopausal hot flushes

5. Able to attend hospital for extra visits
6. Able to complete written records in English

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
Female

Key exclusion criteria
Not provided at time of registration

Date of first enrolment
01/12/2000

Date of final enrolment
01/01/2001

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Centre for Cancer & Palliative Care Studies
London
United Kingdom
SW3 6JJ

Sponsor information

Organisation
Cancer Research UK (CRUK) (UK)

ROR
https://ror.org/054225q67

Funder(s)

Funder type
Charity

Funder Name
Cancer Research UK (CRUK) (UK)

Alternative Name(s)
CR_UK, Cancer Research UK - London, Cancer Research UK (CRUK), CRUK

Funding Body Type
Private sector organisation

Funding Body Subtype
Other non-profit organizations

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/04/2008		Yes	No