

Acupuncture for episodic tension-type headache: a subject blind multi-centre randomised controlled trial (RCT)

Submission date 23/01/2004	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 23/01/2004	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 15/01/2010	Condition category Signs and Symptoms	☐ 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

Protocol serial number

C/CM/09/7.96/W

Study information

Scientific Title

Study objectives

To compare the efficacy of acupuncture with sham acupuncture for episodic tension-type headache.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Tension-type headache

Interventions

Participants received 6 weekly treatments with either standardised, brief needle acupuncture to between 4 and 8 relevant points, or sham acupuncture to non-tender points with a novel cocktail-stick placebo. Two follow-up treatments were given, 1 and 2 months later.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Number of headaches
 2. Intensity measured by Visual Analogue Scale (VAS)
 3. Duration of headaches
 4. Number of analgesics taken
- Recorded by a daily headache diary

Key secondary outcome(s))

Not provided at time of registration

Completion date

03/06/1999

Eligibility

Key inclusion criteria

Participants were recruited during consultation with GP, from disease registers or from notices in GP premises or local media.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

Does not meet inclusion criteria

Date of first enrolment

03/03/1997

Date of final enrolment

03/06/1999

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

Department of Complementary Medicine

Exeter

United Kingdom

EX2 4NT

Sponsor information**Organisation**

NHS R&D Regional Programme Register - Department of Health (UK)

Funder(s)

Funder type

Government

Funder Name

NHS Executive South West (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	01/09/2000		Yes	No