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Effect of Citalopram on Health status, anxiety and depression in patients with chronic Obstructive pulmonary disease: a pilot study

Submission date 07/08/2007	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol [_] Statistical analysis plan [_] Results [_] Individual participant data [_] Record updated in last year
Registration date 21/04/2008	**Overall study status** Completed	
Last Edited 11/10/2017	**Condition category** Respiratory	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Study information

Scientific Title
Effect of Citalopram on Health status, anxiety and depression in patients with chronic Obstructive pulmonary disease: a pilot study

Acronym
ECHO

Study objectives
Chronic obstructive pulmonary disease (COPD) sufferers often experience a vicious circle of breathlessness and anxiety. These symptoms commonly lead to reduced physical activity, progressive loss of fitness, increasing social isolation and depression (which often goes undiagnosed). If this circle could be broken improved physical functioning and quality of life might result.

Ethics approval required
Old ethics approval format

Ethics approval(s)
North Wales Health Authority Research Ethics Committee, 05/02/2003

Study design
Single-centre randomised controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Chronic obstructive pulmonary disease (COPD)

Interventions
Matching oral citalopram 20 mg and placebo, starting with half a tablet once per day for two weeks, then one tablet per day for the remaining weeks with monthly follow up for three months and a two week period of half a tablet per day prior to discontinuation of treatment.

Intervention Type
Drug

Phase
Not Applicable

Drug/device/biological/vaccine name(s)
Citalopram

Primary outcome(s)
Health-related quality of life, measured using St Georges Respiratory Questionnaire at baseline and 3 months

Key secondary outcome(s))
1. Depression and anxiety, measured using the Hospital Anxiety and Depression Score (HADS) at baseline and 3 months
2. Depression and anxiety, measured using the Depression in Medical Illness, a 10-item questionnaire (DM-10) at baseline and 3 months

Additionally at baseline, 1, 2 and 3 months a structured side effect profile was checked.

Completion date
01/08/2004

Eligibility

Key inclusion criteria
1. Diagnosis of COPD
2. Clinical diagnosis of anxiety or depression
3. Adults of either sex

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
1. Severe ischaemic heart disease
2. On treatment for anxiety or depression
3. Terminal illness

Date of first enrolment
01/08/2003

Date of final enrolment
01/08/2004

Locations

Countries of recruitment
United Kingdom

Wales

Study participating centre
77 Brook Lane
Chester
United Kingdom
LL13 7TD

Sponsor information

Organisation
North East Wales NHS Trust (UK)

ROR
https://ror.org/03awsb125

Funder(s)

Funder type
Government

Funder Name
North East Wales NHS Trust (UK) - Research and Development Fund

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration