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A randomised controlled trial of aromatherapy massage as a treatment for the symptoms of anxiety in clients with serious mental illness

Submission date	Recruitment status	[ ] Prospectively registered
29/09/2006	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
29/09/2006	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
31/03/2020	Mental and Behavioural Disorders	[ ] Record updated in last year

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
N0321166096

Study information

Scientific Title
A randomised controlled trial of aromatherapy massage as a treatment for the symptoms of anxiety in clients with serious mental illness

Study objectives
Primary hypothesis: that aromatherapy massage will reduce anxiety in clients having serious mental disorders, as measured by standardised assessments over a six-week period. This will be tested in a randomised controlled trial against a control group who will remain untreated temporarily on a six-week waiting list.

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
Mental and Behavioural Disorders: Anxiety

Interventions
1. Group receiving aromatherapy massage
2. Group temporarily not receiving aromatherapy massage

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Trait and State anxiety assessment by self-completed, standardised inventories: Hospital Anxiety and Depression Scale (HADS), General Health Questionnaire (GHQ-30); State--Trait Anxiety Inventory (STAI-30).
Physiological measurement of blood pressure, pulse rate and breathing rate.

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

Completion date
24/11/2005

Eligibility

Key inclusion criteria
Clients of community health teams in Bournemouth, Poole or Dorset who have a diagnosis of serious mental disorder of a non-psychotic nature (regarding affective disorders) and require specialist anxiety therapy for a concurrent/principal anxiety state. Clients will be referred by their care-coordinator under CPA (Care Plan Approach) on standard or enhanced care.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
Not Specified

Key exclusion criteria
People with psychotic disorders or drug/alcohol dependency problems.

Date of first enrolment
20/09/2004

Date of final enrolment
24/11/2005

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
West Bournemouth CMHT
Bournemouth
United Kingdom
BH2 5JW

Sponsor information

Organisation

Record Provided by the NHSTCT Register - 2006 Update - Department of Health

Funder(s)

Funder type
Government

Funder Name
Dorset Healthcare NHS Trust (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration