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Cognitive Behaviour Therapy for Health Anxiety in a genitourinary medicine clinic

Submission date	Recruitment status
15/10/2006	No longer recruiting
Registration date	**Overall study status**
06/02/2007	Completed
Last Edited	**Condition category**
03/10/2008	Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] 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
NNHA/600

Study information

Scientific Title

Acronym

CBTHA

Study objectives
Comprison of the effectiveness of cognitive behaviour therapy focused on health anxiety in a GenitoUrinary Medicine (GUM) clinic compared with treatment as usual.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approval received from the North Nottinghamshire Local Research Ethics Committee on the 15th May 2002 (ref no: NNHA/600).

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Health anxiety (hypochondriasis)

Interventions
Active Treatment Group:
Up to seven sessions of individual cognitive behaviour therapy together with a booklet describing cognitive behaviour therapy in health anxiety (14 pages)

Control Group:
Single interview within the clinic explaining the concept of health anxiety (control group)

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Reduction in Health Anxiety Inventory scores (HAI) at six months

Key secondary outcome(s)
1. HAI at 12 months
2. Changes in social function, anxiety and depression scores at three, six and 12 months

Completion date
30/11/2006

Eligibility

Key inclusion criteria
Outpatients presenting to the GUM clinic at Kings Mill Hospital, Sutton-in-Ashfield, Nottinghamshire and felt to be suffering from health anxiety by any doctor in the clinic (including HS) were given the Health Anxiety Inventory (HAI) and those with a score of 18 or over invited to take part in the study if they were resident in the area, had sufficient command of English to understand the questionnaires and gave written informed consent for research assessment and examination of patient records.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Not Specified

Sex
Not Specified

Key exclusion criteria
Psychotropic drug treatment taken in the previous six months before entry to the study and current psychiatric care.

Date of first enrolment
01/05/2002

Date of final enrolment
30/11/2006

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Departtment of Psychological Medicine
London
United Kingdom
W6 8RP

Sponsor information

Organisation
Imperial College (UK)

ROR
https://ror.org/041kmwe10

Funder(s)

Funder type
Charity

Funder Name
Sir Jules Thorn Charitable Trust (UK) (Seedcorn Grant: PC2317)

Alternative Name(s)
The Sir Jules Thorn Charitable Trust

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
United Kingdom

Funder Name
Sherwood Forest NHS Trust (UK) (ref: P00629)

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	01/10/2008		Yes	No