

Cognitive Behaviour Therapy for Health Anxiety in a genitourinary medicine clinic

Submission date 15/10/2006	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 06/02/2007	Overall study status Completed	☐ Statistical analysis plan
		☒ Results
Last Edited 03/10/2008	Condition category Mental and Behavioural Disorders	☐ 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).

Study design

Randomised controlled trial

Primary study design

Interventional

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

Department 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