

# Acupuncture for depression: a pilot for a randomised controlled trial

<b>Submission date</b> 22/02/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 04/04/2007	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Protocol
<b>Last Edited</b> 28/08/2018	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> 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

## Study information

**Scientific Title**  
Acupuncture for depression: a pilot for a randomised controlled trial

**Study objectives**  
Aim: to conduct a pilot for a randomised controlled trial that will evaluate the effectiveness and cost-effectiveness of acupuncture for depression, when provided as adjunct to usual General Practitioner (GP) care.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Ethics approval received from the York Local Research Ethic Committees (York LREC) on the 4th January 2007 (ref: 06/Q1108/56).

## **Study design**

A pilot randomised controlled trial with three arms: acupuncture and non-directive counselling as adjuncts to usual care, and usual care alone

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Depression

## **Interventions**

Participants will receive one of the following:

1. Acupuncture and usual care
2. Non-directive counselling and usual care
3. Usual care alone

## **Intervention Type**

Other

## **Phase**

Not Specified

## **Primary outcome(s)**

Beck Depression Inventory

## **Key secondary outcome(s)**

1. PHQ-9 questionnaire
2. Short Form health survey (SF-36) bodily pain sub-scale
3. European Quality of life (EQ-5D) questionnaire
4. Well-Being Questionnaire 12

## **Completion date**

21/02/2008

## **Eligibility**

### **Key inclusion criteria**

1. Patients who are being managed in primary care
2. Patients who have consulted their GP and have been diagnosed with depression
3. A depression score of 10 or above on the Patient Health Questionnaire 9 (PHQ9)

4. A Diagnostic Statistical Manual of mental disorders fourth edition (DSM IV) based screening instrument for depression
5. Are over eighteen years of age

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Diagnosed with terminal illness
2. Mobility issues: cannot travel to appointments
3. Involved with other research projects
4. Dementia, learning difficulties, and communication problems
5. Currently receiving acupuncture or counselling
6. Cannot speak sufficient English to communicate with a counsellor or acupuncture practitioner
7. Alcohol or substance abuse problems
8. Received a diagnosis of bipolar disorder, psychosis, or personality disorder

**Date of first enrolment**

22/02/2007

**Date of final enrolment**

21/02/2008

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

Department of Health Sciences

York

United Kingdom

YO10 5DD

**Sponsor information**

**Organisation**

University of York (UK)

**ROR**

<https://ror.org/04m01e293>

**Funder(s)****Funder type**

Government

**Funder Name**

Department of Health (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?
<a href="#">Protocol article</a>	protocol	09/01/2009		Yes	No