

# A new practical self-help intervention to enable alcoholics and opiate addicts to relax and cope with unwanted urges and cravings

<b>Submission date</b> 30/09/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 30/09/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 11/08/2016	<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

### Contact name

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### Contact details

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## Additional identifiers

### Protocol serial number

N0038104052

## Study information

### Scientific Title

A new practical self-help intervention to enable alcoholics and opiate addicts to relax and cope with unwanted urges and cravings

**Study objectives**

Does a self-help intervention based on EMD-R (Eye Movement Desensitisation and Reprocessing) help alcohol and opiate addicts relax and cope with cravings/urges?

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Mental and Behavioural Disorders: Drug abuse

**Interventions**

Group A. Treatment As Usual (TAU)

Group B. TAU and Eye Movement Desensitisation and Reprocessing (END-R)

Trial without blinding to treatment as usual, or one session of training and experience in the use of bilateral alternating auditory stimulation as a self help therapy

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

1. Measures of ability to deal with stress/pressures: Visual Analogue Scale (VAS), Hassles and Uplifts Scale (Kanner et al 1981)
2. Measures of ability to resist cravings (urges, VAS, Drug-Taking Confidence Questionnaire [DTCQ], Situational Confidence)

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

01/07/2003

# Eligibility

## Key inclusion criteria

Opiate and alcohol dependent clients being referred for treatment or currently in treatment at the North Somerset Specialist Drug and Alcohol Service.

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Adult

## Sex

Not Specified

## Key exclusion criteria

Not provided at time of registration

## Date of first enrolment

01/02/2002

## Date of final enrolment

01/07/2003

# Locations

## Countries of recruitment

United Kingdom

England

## Study participating centre

North Somerset Specialist Drug & Alcohol Service

Weston super Mare

United Kingdom

BS23 1PG

# Sponsor information

## Organisation

Department of Health

## **Funder(s)**

### **Funder type**

Hospital/treatment centre

### **Funder Name**

Avon and Wiltshire Mental Health Partnership NHS Trust

## **Results and Publications**

### **Individual participant data (IPD) sharing plan**

#### **IPD sharing plan summary**

Not provided at time of registration