

The TILT Study: A pilot trial of antiretroviral Therapy Interruption with and without use of interLeukin-Two

Submission date
18/10/2000

Recruitment status
No longer recruiting

☒ Prospectively registered

☐ Protocol

Registration date
18/10/2000

Overall study status
Completed

☐ Statistical analysis plan

☒ Results

Last Edited
30/07/2009

Condition category
Infections and Infestations

☐ Individual participant data

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

G0000198

Study information

Scientific Title

Acronym

TILT

Study objectives

Primary: To gain experience in antiretroviral therapy interruptions in patients with viral suppression and increased CD4 count, with and without use of Interleukin-2 (IL-2). In particular, to test the ability to maintain the CD4 count at a level above 150/mm³ during interruption, to evaluate the length of time off therapy that can be safely achieved and to evaluate the ability to "re-suppress" viral load if and when antiretroviral therapy is restarted. This information will be used to guide the design of a larger trial.

Secondary: To obtain preliminary data comparing the three strategies with regard to:

1. CD4 count decline to less than 150/mm³ to the power of three or new Acquired Immune Deficiency Syndrome (AIDS) disease or death
2. Virological failure of therapy (viral load greater than 1000 after having been on antiretroviral therapy for over 16 weeks) by two years
3. Changes in levels of lactates, lipids and bicarbonates
4. Quality of life using the Medical Outcomes Study health status questionnaire for HIV (MOS-HIV)

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

Human Immunodeficiency Virus (HIV), Acquired Immune Deficiency Syndrome (AIDS)

Interventions

An open, randomised, three arm, controlled trial to study interruption of antiretroviral therapy with or without IL-2 therapy, in individuals with HIV-1 infection and nadir CD4 cell counts greater than 100 x 10⁶/l, current CD4 count greater than 300 x 10⁶/l and currently receiving antiretrovirals and with a viral load less than 50 copies/ml for greater than three months.

Participants will be randomly allocated 1:1:1 ratio to either:

1. Continue with antiretroviral therapy. If drugs need to be switched for any reason, this should be done without a complete interruption, or
2. Interrupt antiretroviral therapy. Restart with the same regimen when the clinician and patient feel this is warranted. Treatment should certainly be restarted before the CD4 count falls below 200/mm³. Further treatment interruptions should be considered when viral load is less than 50

for 12 weeks or more and if CD4 count is more than or equal to 300/mm³, or
3. Give two cycles of IL-2, eight weeks apart, while still on antiretroviral therapy. Then interrupt antiretroviral therapy. Use new cycles of IL-2 and/or reintroduction of antiretroviral therapy if the clinician and patient feel that this is warranted.
New cycles of IL-2 and/or antiretroviral therapy should certainly be given before the CD4 count falls below 200/mm³.

Last patient will complete follow up in July 2006.

Intervention Type

Drug

Phase

Not Specified

Drug/device/biological/vaccine name(s)

interLeukin-Two

Primary outcome(s)

1. CD4 decline to less than 100 or new AIDS disease after death
2. Virological failure of therapy at two years after baseline
3. Virological failure of therapy at any time during the two year period after randomisation
4. Changes in levels of total cholesterol
5. Changes in severity of lipodystrophy/ quality of life
6. Incidence of grade three or four adverse

Key secondary outcome(s)

Not provided at time of registration

Completion date

31/08/2006

Eligibility

Key inclusion criteria

1. HIV seropositive
2. Adult (18 years or older) HIV-infected therapy naïve patients
3. On Highly Active Anti-retroviral Therapy (HAART) (more than or equal to three ARTs of any of the three main classes) with viral load less than 50 copies/mL for 12 weeks or more
4. CD4 count nadir more than 50/mm³
5. CD4 lymphocyte count more than or equal to 300/mm³
6. Signed informed consent obtained

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Patients on hydroxyurea or interferons or any immunomodulating agent besides IL-2
2. Age less than 16
3. Prior IL-2 therapy
4. Use of any approved or experimental antiretroviral drug within four months prior to study therapy
5. Concurrent malignancy other than mucocutaneous Kaposi sarcoma or malignancy treated within the past five years
6. Any concurrent or history of AIDS defining illness
7. Use of systemic corticosteroids, chemotherapy or experimental cytotoxic drugs within four weeks prior to study therapy
8. Use of any agent approved or experimental with clinically significant immunomodulatory effects
9. Any Central Nervous System (CNS) abnormality that requires treatment with anti-seizure medication
10. Patients with current or historical Crohn's disease, psoriasis or other autoimmune /inflammatory diseases with potential life threatening complications
11. Pregnant or lactating women
12. Use of recreational drugs/alcohol that in the opinion of the investigator would affect patient safety and/or compliance
13. Patients with any serious psychiatric, medical and/or cognitive disturbance or illness that in the opinion of the investigator may affect safety, compliance or ability to provide written informed consent

Date of first enrolment

20/02/2001

Date of final enrolment

31/08/2006

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Department of Thoracic Medicine
London
United Kingdom
NW3 2QG

Sponsor information

Organisation

Medical Research Council (MRC) (UK)

Funder(s)

Funder type

Research council

Funder Name

Medical Research Council (MRC) (UK)

Alternative Name(s)

Medical Research Council (United Kingdom), UK Medical Research Council, Medical Research Committee and Advisory Council, MRC

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

United Kingdom

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				

[Results article](#)

30/03/2008

Yes

No