

An investigation of the efficacy of a cognitive behavioural treatment for patients with recent onset rheumatoid arthritis

Submission date 23/01/2004	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 23/01/2004	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 05/07/2018	Condition category Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> 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
RDC00038

Study information

Scientific Title

An investigation of the efficacy of a cognitive behavioural treatment for patients with recent onset rheumatoid arthritis

Study objectives

The present study will aim to investigate the efficacy of a cognitive behavioural intervention for patients with recent onset Rheumatoid Arthritis (RA). Research has clearly demonstrated that cognitive-behavioural treatments are successful in treating patients with RA, but much of the research to date has been with people with a long history of active disease. This is clinically important since earlier intervention might prevent psychologically and/or physical morbidity.

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)

Quality of life

Health condition(s) or problem(s) studied

Rheumatoid arthritis

Interventions

1. Individual course of cognitive-behavioural therapy
2. Matched waiting list control group

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Coping Strategies Questionnaire
2. Percentage of subjects with clinically important depression or anxiety
3. Proportion of subjects with Erythrocyte Sedimentation Rate (ESR) of more than 30 mm/hr
4. Proportion of subjects with C-Reactive Protein (CRP) of more than 10 mg/l

Key secondary outcome(s)

Not provided at time of registration

Completion date

30/09/2000

Eligibility

Key inclusion criteria

1. 40 patients recruited from the West Middlesex University Hospital Rheumatology Clinic
2. Age group 18-65
3. Definite or classic Rheumatoid Arthritis with onset of symptoms in the past two years
4. Active but stable on current medication

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Upper age limit

65 years

Sex

All

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

30/05/1995

Date of final enrolment

30/09/2000

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Imperial College School of Medicine

Isleworth

United Kingdom

TW7 6AF

Sponsor information

Organisation

NHS R&D Regional Programme Register - Department of Health (UK)

Funder(s)

Funder type

Government

Funder Name

NHS Executive London (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?
Results article	initial results	01/01/2001		Yes	No
Results article	long-term efficacy results	01/03/2003		Yes	No
Results article	5-year follow-up results	15/03/2008		Yes	No