Personalised relaxation practice to improve sleep quality in patients with chronic fatigue syndrome and depression: A Randomised Control Trial

ACTRN12616001671459

Status RECRUITING
Sponsor University of New South Wales
Enrollment 128 participants

Plain Language Summary

This study is testing whether a personalised relaxation practice — chosen based on which method best activates the individual's own heart rate variability (a measure of nervous system balance) — can improve sleep quality and reduce fatigue and daytime problems in people with chronic fatigue syndrome (CFS) or depression. Participants will practise a daily relaxation exercise before sleep for 4 weeks and be compared to a group that monitors symptoms only.

You may be eligible if:
- You are between 18 and 65 years old
- You meet the diagnostic criteria for chronic fatigue syndrome or major depression (DSM-V)
- You have normal or corrected hearing
- You have sufficient English to follow the guided relaxation activities and fill in questionnaires

You may NOT be eligible if:
- You are pregnant
- You have a primary sleep disorder (e.g., severe sleep apnoea), heart condition, uncontrolled diabetes, or psychotic disorder
- You take regular medications that affect the autonomic nervous system, such as beta-blockers or blood pressure medications
- You are currently engaged in another psycho-behavioural intervention

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

• Meet international diagnostic criteria for chronic fatigue syndrome; or DSM-V diagnostic criteria for depression; Normal or corrected to normal hearing; Sufficient English to complete the questionnaires and follow the guided relaxation tasks; Willingness and ability to give written informed consent and willingness to participate and comply with the longitudinal nature study.

Exclusion (1)

• Pregnant; Other significant illness or major diagnoses such as primary sleep disorder, heart conditions, uncontrolled diabetes, chronic infections, or psychotic disorders; Taking regular medications that affect autonomic activity including beta-blockers/anti-hypertensives; concurrently engaged in other psycho-behavioural interventions. Use of anti-depressants or the oral-contraceptive pill will be recorded but not exclusionary.

Locations (1 total)

NSW, Australia