

# SHIATSU AND SCHIZOPHRENIA

## CLINICAL TRIALS

[www.clinicaltrials.gov](http://www.clinicaltrials.gov) :

### Shiatsu Adjuvant Therapy For Schizophrenia

**This study is currently recruiting participants.**

Verified by Herzog Hospital, February 2009

First Received: January 22, 2007 Last Updated: February 2, 2009 [History of Changes](#)

<b>Sponsored by:</b>	<b>Herzog Hospital</b>
<b>Information provided by:</b>	Herzog Hospital
<b>ClinicalTrials.gov Identifier:</b>	NCT00425399

#### Purpose

In the current study we will study the effect of adding **shiatsu** treatment to conventional therapy in work with hospitalized schizophrenic patients.

The hypotheses of this study are several:

1. **Shiatsu** can improve the patients' symptoms
2. **Shiatsu** can ameliorate neuromuscular side effects produced by standard anti-psychotic treatment
3. **Shiatsu** can provide patients with tools to deal with the stresses of their illness

2. Methodology We propose an open pilot study in which a total of 20 patients of both sexes will be enrolled. These patients will be drawn from the inpatient psychiatric wards at Herzog Hospital.

Upon inclusion into the trial, all participants will receive **shiatsu** treatment, consisting of two individual weekly 40-minute **shiatsu** treatment sessions for four weeks. Provider and patient will be of the same gender. Standard pharmacotherapy will be provided as needed during the treatment period. Medication and dosage will not be changed. If necessary, benzodiazepines will be administered as required.

Outcome measures:

The following assessments will be included:

1. Medication: Use of SOS benzodiazepines

2. Clinical rating scales: PANSS, CGI, NOSIE, Hamilton Scales for depression and anxiety

1. Side effect scales: Simpson Angus Scale, AIMS scale, UKU scale 2.  
Neurophysiological testing: Prepulse inhibition (PPI). 3. Neurocognitive testing: This will be performed using the NIMH's Measurement and Treatment Research to Improve Cognition in Schizophrenia (MATRICS) Consensus Cognitive Battery for Clinical Trials.

<u>Condition</u>	<u>Intervention</u>
Schizophrenia	Procedure: <b>Shiatsu</b>

Study Type: Interventional

Study Design: Treatment, Non-Randomized, Open Label, Uncontrolled, Single Group Assignment

Official Title: **Shiatsu** Adjuvant Therapy for Hospitalized Psychiatric Patients: an Open Pilot Study

**Resource links provided by NLM:**

[MedlinePlus](#) related topics: [Schizophrenia](#)

[U.S. FDA Resources](#)

**Further study details as provided by Herzog Hospital:**

Primary Outcome Measures:

- Brief Psychiatric Rating Scale (BPRS) [ Time Frame: 4 weeks ]  
[ Designated as safety issue: No ]

Estimated Enrollment: 20

Study Start Date: January 2007

Intervention Details:

Procedure: **Shiatsu**

**Shiatsu** treatment provided in 40-minute sessions, twice a week for 4 weeks