

## Main

*Note: This record shows only the 20 elements of the WHO Trial Registration Data Set. To view changes that have been made to the source record, or for additional information about this trial, click on the URL below to go to the source record in the primary register.*

**Register:** ACTR  
**Last refreshed on:** 27 August 2007  
**Main ID:** ACTRN12607000429459  
**Date of registration:** 23/08/2007  
**Primary sponsor:** Istituto Rinaldi Fontani  
**Public title:** A new medical approach on depression and anxiety stress-related: the Neuro Psycho Physical Optimization with Conveyer of Modulating Radiance (CRM) therapy.  
**Scientific title:** Neuro Psycho Physical Optimization (ONPF) with Conveyer of Modulating Radiance (CMR) therapy. Is it effective in reducing the subjective perception of stress, stress correlated anxiety and depression?  
**Date of first enrolment:** 1/01/2001  
**Target sample size:** 888  
**Recruitment status:** Completed  
**URL:** <http://www.actr.org.au/ACTRN12607000429459.aspx>

## Countries of recruitment

Italy

## Contacts

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## Key inclusion & exclusion criteria

Inclusion criteria: Patients suffering from depression and anxiety stress related

Exclusion criteria: Subjects taking psychotropic medication or suffering from psychiatric pathologies were excluded.

Age minimum: 18 Years

Age maximum:

Gender: Both males and females

## Health Condition(s) or Problem(s) studied

Stress correlated anxiety and depression

## Intervention(s)

688 subjects were selected randomly from a 888 group to be subjected to a cycle of Neuro Psycho Physical Optimization (ONPF) with CMR therapy and 200 subjects were used for the control group. The instrument used in this study is a biomedical radiofrequency instrument, called Conveyer of Modulating Radiance (CRM) authorized by the Italian Ministry of Health, in accordance with Directive 93/42/EEC. The empiric protocol used, called Neuro Psycho Physical Optimization (ONPF)®, involves the application of a

probe of the CMR<sup>®</sup> on specific points of the auricular pavilion for an activation time of roughly 500 mms. The ONPF <sup>®</sup> protocol is activated in a precise sequence on seven auricular points. The protocol envisages 18 sessions of ONPF<sup>®</sup> treatment on alternating days, for eight (8) weeks. In this study we have chosen the PSM Test to investigate if an NPPO<sup>®</sup> cycle with CMR<sup>®</sup> therapy - is effective in reducing the subjective perception of stress, stress correlated anxiety and depression.

#### **Primary Outcome(s)**

The PSM Test. This test has good convergent validity with the Brief Symptom Inventory ( $r = .76$ ), the Beck Depression Inventory ( $r = .75$ ), and with Spielberger's anxiety scale (State subscale  $r = .73$ ) (Dion, 1988; Lemyre et al., 1991)

#### **Secondary Outcome(s)**

Wellbeing - Neuro Psycho Physical Optimization

#### **Secondary ID(s)**

#### **Source(s) of Monetary Support**

Istituto Rinaldi Fontani

#### **Secondary Sponsor(s)**

Societa Di Ottimizzazione Neuro Psico Fisica E CRM Terapia

University of Firenze - Department of Public Medicine ? Occupational Health