

spectroscopy (UV, VIS, IR, FT-IR, Raman); luminescence, delayed luminescence, thermoluminescence; fluorescence; conductivity; calorimetry; pH; atomic force microscopy, and transmission electron microscopy.

**Discussion:** More results will be presented at the conference.

**Keywords:** Physical chemistry, Homeopathy, Fundamental research, Physicochemical methods

## Homeopathy in self-reported depression: a pragmatic randomised controlled trial

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**Introduction:** Depression is a major healthcare problem all around the world. The WHO predicts depression will become the main burden of disease worldwide by 2030. Antidepressants and other conventional treatment may help some patients, although others respond insufficiently or not at all, experience too many side-effects or do not want to use such treatment. Depression is one of the main reasons why patients consult with homeopaths. Existing evidence of the effectiveness of homeopathy in depression is limited.

**Aim:** To evaluate the acceptability and effectiveness of adjunctive treatment provided by homeopaths for patients with self-reported depression in addition to usual care, compared to usual care alone.

**Methodology:** A pragmatic randomised controlled trial (RCT) was used to assess the effectiveness of an offer for treatment by homeopaths as an adjunct to usual care. The cohort multiple RCT (cmRCT) design was used and patients were recruited through the Yorkshire Health Study, a UK National Institute for Health Research (NIHR) funded cohort with 27,000 patients. In order to increase external validity, wide selection criteria were used and individualised homeopathic treatment was offered for a 9 month period. Outcome measures included the Patient Health Questionnaire (PHQ-9) and the Generalised Anxiety Disorder (GAD-7) self-reported outcome measures. Results were measured at 6 and 12 months. An intention to treat analysis was carried out to assess the offer for treatment. A complier average causal effect (CACE) analysis was used to assess the effect of treatment received.

**Results:** A total of 566 patients were eligible to be included in the trial, with 381 patients in the “No offer” group and 185 in the “Offer” group. Out of 185 patients, 74 accepted the offer for treatment and received treatment. Results will be presented.

**Keywords:** Homeopathy, Randomised controlled trial, Cohort multiple RCT design, Depression, PHQ-9, Anxiety, GAD-7, Intention to treat (ITT) analysis, Complier average causal effect (CACE) analysis