challenge. Nijmegen questionnaire is suitable as a screening tool for early detection and also as an aid in diagnosis and therapy planning.

**Aim**
To test the correlation between the Nijmegen score and the hospital anxiety/depression score in patients diagnosed with dysfunctional breathlessness.

**Method**
The diagnosis was made on the basis of exclusion with a normal clinical examination, lung function and echocardiogram, or with symptoms disproportionate to measurements of severity of their respiratory illness. The physiotherapist further assessed patients with particular regard to their breathing pattern and the Nijmegen (Ni) score, with a score over 23 being regarded as diagnostic. Consecutive patients referred to the clinic over 24 months were reviewed. The following parameters were analysed—demographics, underlying respiratory illness, breathing and sleep pattern, Nijmegen score (Pre and Post Intervention), HAD scores and the interventional modalities.

**Results**
51 patients (males 20, females 31) were assessed. The mean age at presentation was 60.2 (range 20–84). 26/51 patients had chronic cardio respiratory illness. 28/51 patients had an abnormal breathing pattern, the most common being frequent sighing. 23/51 patients reported abnormal sleep pattern, frequent awakening being the commonest. 37 patients (males 17, females 20) had a pre intervention Ni score over 23 (mean 29, range 23–42). Interventions included patient education, cognitive–behavioural therapy, breathing exercises and training in a physiotherapist led clinic. The interventional period was 6 weeks and post 6 weeks the Nijmegen score fell below the diagnostic threshold in 29/37 patients (mean reduction 14, range 3–22, p value<0.001). HAD scores were used to assess the degree of mood impairment and there was no linear correlation (Pearson correlation) (Abstract P203 table 1) with the pre intervention Nijmegen score.

**Abstract P203 Table 1**

<table>
<thead>
<tr>
<th>n=37</th>
<th>Nijmegen score</th>
<th>Anxiety score</th>
<th>Depression score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pearson Correlation</td>
<td>1</td>
<td>0.362</td>
<td>0.171</td>
</tr>
<tr>
<td>Sig. (2-tailed)</td>
<td>0.28</td>
<td>0.311</td>
<td></td>
</tr>
<tr>
<td>Anxiety score</td>
<td>0.362</td>
<td>1</td>
<td>0.405</td>
</tr>
<tr>
<td>Pearson Correlation</td>
<td>0.28</td>
<td>0.013</td>
<td></td>
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<td>Depression score</td>
<td>0.311</td>
<td>0.013</td>
<td></td>
</tr>
</tbody>
</table>

**Conclusion**
There was no correlation between the Nijmegen score and the hospital anxiety/depression score in patients with dysfunctional breathlessness. A physiotherapy led dysfunctional breathing clinic was able to improve symptoms in 78% of the referred cases as measured by Ni score.

**Introduction**
Many trials do not recruit sufficient participants, particularly from primary care settings, making it difficult to get meaningful results. A recent Cochrane systematic review studying recruitment concluded there is still much to learn. Here we describe details of two MRC funded, primary care based, asthma randomised controlled trials, and their recruitment strategies and challenges.

**Methods**
Trial 1: Examined whether short-term treatment with atorvastatin improves lung function, asthma control and quality of life in smokers with asthma (completed 2009). Trial 2: examined the same question using azithromycin (completed July 2011). The participant flow charts and trial documents of both trials were examined to establish recruitment details.

**Results**
Trial 1: Target to randomise =80, target to complete =68, study extended by 3 months due to slow recruitment. Actual randomised =71, actual completed =60. 54/458 GP practices approached, participated. 2483 patients from practices and 356 from a database of previous trial participants received two mailings via GP surgeries, and then following an ethics amendment via telephone for a small number of surgeries. 331/2483 (11.7%) patients responded positively, and of these 226 were able to be contacted and telephone screened for eligibility, leaving 131 eligible participants. 129/131 targets achieved.

**REFERENCE**
P204 The Burden of repeated asthma admissions and associations with psychiatric comorbidity

H Burke, Z Pond, C Duffus and R J Kurukulaaratchy

Thorax 2011 66: A150
doi: 10.1136/thoraxjnl-2011-201054c.204