

## Main

Note: This record shows only 22 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:** ChiCTR  
**Last refreshed on:** 18 April 2017  
**Main ID:** ChiCTR-IPR-16009178  
**Date of registration:** 2016-09-10  
**Prospective Registration:** Yes  
**Primary sponsor:** Department of Biochemistry and Molecular Biology Hebei Medical University  
**Public title:** Effects of hydrogen-rich water on anxiety- and depressive-like behaviors of individuals  
**Scientific title:** Effects of hydrogen-rich water on anxiety- and depressive-like behaviors of individuals  
**Date of first enrolment:** 2016-09-01  
**Target sample size:** hydrogen-rich water group:30;Placebo group:30;  
**Recruitment status:** Recruiting  
**URL:** <http://www.chictr.org.cn/showproj.aspx?proj=15543>  
**Study type:** Interventional study  
**Study design:** Randomized parallel controlled trial  
**Phase:** Pilot study

## Countries of recruitment

China

## Contacts

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## Key inclusion &amp; exclusion criteria

Inclusion criteria: the score of Self-Rating Depression Scale(SDS)more than 53; the score of Self-Rating Anxiety Scale(SAS)more than 50.  
Exclusion criteria: 1) a history of bipolar disorder, schizophrenia,schizoaffective disorder, obsessive-compulsive disorder,panic disorder;  
2) active suicidal intention;  
3) active psychosis.

Age minimum: 18  
Age maximum: 24  
Gender: Both

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

anxiety- and depressive-like behaviors

## Intervention(s)

hydrogen-rich water group:hydrogen-rich water;Placebo group:Placebo;

## Primary Outcome(s)

the score of SDS and SAS;

## Secondary Outcome(s)

## Secondary ID(s)

## Source(s) of Monetary Support

self-financing

## Secondary Sponsor(s)

## Ethics review

## Results

## Results available:

**Date Posted:****Date Completed:****URL:**

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