Clinical Trial Protocol

Protocol Number: CTP-001
Version: 1.0
Effective Date: June 1, 2024
Principal Investigator: Dr. Jane Smith
Sponsor: HealthPharma Inc.
Study Title: A Randomized, Double-Blind, Placebo-Controlled Trial to Evaluate the Efficacy and Safety of NeuroCalm in Patients with Generalized Anxiety Disorder (GAD)

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1. Introduction

Background

Generalized Anxiety Disorder (GAD) is a common mental health condition characterized by excessive, uncontrollable worry about various aspects of daily life. Current treatments

include cognitive-behavioral therapy and medications such as selective serotonin reuptake inhibitors (SSRIs) and benzodiazepines. However, many patients do not respond adequately to existing treatments, highlighting the need for new therapeutic options.

Rationale

NeuroCalm is a novel investigational product that has shown promise in preclinical studies for reducing anxiety symptoms by modulating the GABAergic system. Preliminary clinical data suggest that NeuroCalm may provide a safe and effective treatment for patients with GAD who have not responded to conventional therapies.

Objectives

- **Primary Objective:** To evaluate the efficacy of NeuroCalm in reducing anxiety symptoms, as measured by the Hamilton Anxiety Rating Scale (HAM-A), in patients with GAD.
- **Secondary Objectives:** To assess the safety and tolerability of NeuroCalm, and to evaluate its impact on quality of life and functional impairment.

2. Study Design

Overview

This is a randomized, double-blind, placebo-controlled trial to evaluate the efficacy and safety of NeuroCalm in patients with GAD. The study will enroll approximately 200 patients across 20 sites.

Study Population

Patients aged 18 to 65 years with a confirmed diagnosis of GAD who meet the inclusion and exclusion criteria.

Inclusion and Exclusion Criteria

- **Inclusion Criteria:**
  - Male or female patients aged 18 to 65 years.
  - Confirmed diagnosis of GAD based on DSM-5 criteria.
  - HAM-A score of ≥18 at screening and baseline.
  - Able to provide informed consent.
- **Exclusion Criteria:**
  - History of bipolar disorder, schizophrenia, or other psychotic disorders.
  - Current use of antidepressants or anxiolytics other than NeuroCalm.
  - Substance abuse or dependence within the past 12 months.
  - Pregnancy or lactation.

Randomization and Blinding

Patients will be randomized in a 1:1 ratio to receive either NeuroCalm or placebo. Both the investigators and the patients will be blinded to the treatment allocation.

3. Study Procedures

Screening

- Obtain informed consent.
- Perform initial screening assessments to confirm eligibility, including medical history, physical examination, and laboratory tests.

Baseline Assessments

- Record baseline demographic information.
- Perform baseline measurements of primary and secondary endpoints, including HAM-A, quality of life (QoL) assessments, and functional impairment scales.

Treatment Administration

- Patients will receive NeuroCalm (50 mg) or placebo once daily for 12 weeks.
- Medication will be dispensed in identical-appearing capsules to ensure blinding.

Follow-up Assessments

- Regular follow-up visits at weeks 2, 4, 8, and 12 to monitor efficacy and safety.
- Assessments will include HAM-A, QoL, functional impairment, and adverse event monitoring.

4. Safety Monitoring

Adverse Event Reporting

- All adverse events (AEs) will be recorded and reported in accordance with regulatory requirements.
- AEs will be assessed for severity, duration, and relationship to the investigational product.

Serious Adverse Events

- Serious adverse events (SAEs) will be reported to the sponsor and the regulatory authorities within 24 hours of identification.
- An SAE is defined as any untoward medical occurrence that results in death, is life-threatening, requires hospitalization, or results in persistent or significant disability/incapacity.

Safety Monitoring Committee

- A Safety Monitoring Committee (SMC) will be established to oversee the safety of the trial.
- The SMC will review safety data at regular intervals and make recommendations regarding the continuation, modification, or termination of the study.

5. Data Management

Data Collection

- Data will be collected using electronic case report forms (eCRFs).
- All data will be entered into a secure database and monitored for accuracy and completeness.

Data Analysis

- The primary endpoint will be analyzed using analysis of covariance (ANCOVA) to compare changes in HAM-A scores between the NeuroCalm and placebo groups.
- Secondary endpoints will be analyzed using descriptive statistics and inferential tests as appropriate.
- An interim analysis will be conducted at the halfway point to assess the efficacy and safety of the investigational product.

6. Ethical Considerations

Informed Consent

- Informed consent will be obtained from all participants prior to any study-related procedures.
- The consent process will include a thorough explanation of the study's purpose, procedures, potential risks, and benefits.

Confidentiality

- All participant information will be kept confidential and will be coded to protect identity.
- Access to study data will be restricted to authorized personnel only.

7. Appendices

Appendix A: Glossary of Terms

- GAD: Generalized Anxiety Disorder
- HAM-A: Hamilton Anxiety Rating Scale
- QoL: Quality of Life
- eCRF: Electronic Case Report Form
- ANCOVA: Analysis of Covariance