



## Clinical trial results:

**RETREAT(F) (REmoval of Treatment for patients in REmission in psoriatic ArThritis – Feasibility study). A randomised controlled trial to compare withdrawal of therapy versus continuing therapy in low disease states in psoriatic arthritis – feasibility study, RCT Arm**

### Summary

EudraCT number	2012-003736-23
Trial protocol	GB
Global end of trial date	02 December 2013

### Results information

Result version number	v1 (current)
This version publication date	06 March 2020
First version publication date	06 March 2020
Summary attachment (see zip file)	Retreat AE Tables (retreat AE tables.pdf) RETREAT publication (RETREAT_ClinRheum_2015.pdf)

### Trial information

#### Trial identification

Sponsor protocol code	RR11/9229
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#### Additional study identifiers

ISRCTN number	-
ClinicalTrials.gov id (NCT number)	-
WHO universal trial number (UTN)	-

Notes:

### Sponsors

Sponsor organisation name	University of Leeds
Sponsor organisation address	Worsley Building, Leeds, United Kingdom, LS2 9JT
Public contact	Dr P Helliwell, University for Leeds, 0113 3923064, p.helliwell@leeds.ac.uk
Scientific contact	Dr P Helliwell, University for Leeds, 0113 3923064, p.helliwell@leeds.ac.uk

Notes:

### Paediatric regulatory details

Is trial part of an agreed paediatric investigation plan (PIP)	No
Does article 45 of REGULATION (EC) No 1901/2006 apply to this trial?	No
Does article 46 of REGULATION (EC) No 1901/2006 apply to this trial?	No

Notes:

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**Results analysis stage**

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Analysis stage	Final
Date of interim/final analysis	02 December 2013
Is this the analysis of the primary completion data?	Yes
Primary completion date	02 December 2013
Global end of trial reached?	Yes
Global end of trial date	02 December 2013
Was the trial ended prematurely?	No

Notes:

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**General information about the trial**

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Main objective of the trial:

For this feasibility study we wish to know the proportion of eligible patients who are willing to undergo treatment withdrawal and the proportion remaining in minimal disease at the end of the study period. Within the three month treatment withdrawal period, a minimal disease activity (MDA) score of 5 or more (achievement of the minimal disease activity criteria) will be used to confirm continuing low disease activity. A person not achieving the MDA criteria at any of the monthly assessment time points will be deemed to be experiencing a flare of their disease. The proportion of patients who flare will also be used to inform the full study.

Protection of trial subjects:

All information collected during the course of the trial will be kept strictly confidential. Information will be held securely on paper and electronically will comply with all aspects of the Data Protection Act 1998. An Independent Trial Steering Group (TSG) will meet before the start of patient recruitment and just after the last patient has been reviewed at the three month visit. The study will be reviewed by a data monitoring and ethics committee (DMEC).

Background therapy: -

Evidence for comparator: -

Actual start date of recruitment	03 December 2012
Long term follow-up planned	No
Independent data monitoring committee (IDMC) involvement?	Yes

Notes:

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**Population of trial subjects**

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**Subjects enrolled per country**

Country: Number of subjects enrolled	United Kingdom: 17
Worldwide total number of subjects	17
EEA total number of subjects	17

Notes:

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**Subjects enrolled per age group**

In utero	0
Preterm newborn - gestational age < 37 wk	0
Newborns (0-27 days)	0
Infants and toddlers (28 days-23 months)	0

Children (2-11 years)	0
Adolescents (12-17 years)	0
Adults (18-64 years)	14
From 65 to 84 years	3
85 years and over	0

## Subject disposition

### Recruitment

Recruitment details:

All patients which met the inclusion criteria were invited to attend an initial screening visit where consent was obtained. Patients were recruited from outpatient clinics in the UK. at baseline a full assessment was undertaken and the patient was randomized at a ratio of 2:1 in favor of the withdrawal arm.

### Pre-assignment

Screening details:

Participants attended an initial screening visit (visit 0) where consent was obtained; a clinical assessment was undertaken; and MDA was confirmed utilizing the MDA criteria.

### Period 1

Period 1 title	Main Trial Period (overall period)
Is this the baseline period?	Yes
Allocation method	Randomised - controlled
Blinding used	Not blinded

Blinding implementation details:

N/A

### Arms

Are arms mutually exclusive?	Yes
<b>Arm title</b>	Withdrawal Arm

Arm description:

Patients randomized to drug withdrawal will undergo a phased withdrawal of medication where the last treatment added will be the first treatment withdrawn. Drugs will be withdrawn to doses routinely administered. Treatment will be withdrawn in a stepwise fashion phasing out and stopping over three months. Participants will be reviewed in clinic on 4 occasions 1 month apart (after screening) to manage treatment changes and monitor withdrawal response using the MDA criteria above. It is anticipated that the majority of patients will be taking TNF inhibitors at enrolment and up to one third will be taking methotrexate alone.

Arm type	Experimental
Investigational medicinal product name	Methotrexate
Investigational medicinal product code	
Other name	
Pharmaceutical forms	Tablet
Routes of administration	Oral use

Dosage and administration details:

step-wise reduction of 2.5 mg per week until cessation

Investigational medicinal product name	Sulfasalazine
Investigational medicinal product code	
Other name	
Pharmaceutical forms	Tablet
Routes of administration	Oral use

Dosage and administration details:

dose halved for 6 weeks and then stopped

Investigational medicinal product name	Leflunomide
Investigational medicinal product code	
Other name	
Pharmaceutical forms	Tablet
Routes of administration	Oral use

Dosage and administration details:

dose halved for 6 weeks and then stopped

Investigational medicinal product name	Cyclosporin
Investigational medicinal product code	
Other name	
Pharmaceutical forms	Capsule
Routes of administration	Oral use
Dosage and administration details: dose halved for 6 weeks and then stopped	
Investigational medicinal product name	Etanercept
Investigational medicinal product code	
Other name	
Pharmaceutical forms	Injection
Routes of administration	Subcutaneous use
Dosage and administration details: week 0, 2, 4, 8	
Investigational medicinal product name	Infliximab
Investigational medicinal product code	
Other name	
Pharmaceutical forms	Powder for infusion
Routes of administration	Intravenous use
Dosage and administration details: week 8 or 10	
Investigational medicinal product name	Adalimumab
Investigational medicinal product code	
Other name	
Pharmaceutical forms	Injection
Routes of administration	Subcutaneous use
Dosage and administration details: week 0, 4, 8	
Investigational medicinal product name	Golimumab
Investigational medicinal product code	
Other name	
Pharmaceutical forms	Injection
Routes of administration	Intravenous use
Dosage and administration details: week 6	
<b>Arm title</b>	Standard Care Arm
Arm description: Patients in this group will continue with their current therapy for the duration of the study. However, the treating clinician will be free to change their treatment if clinically indicated to do so (e.g., escalate treatment doses if patient is relapsing or decrease/change treatment if there are side-effects). Patients in this group will be seen at the same intervals as the intervention arm.	
Arm type	Control
Investigational medicinal product name	Methotrexate
Investigational medicinal product code	
Other name	
Pharmaceutical forms	Tablet
Routes of administration	Oral use
Dosage and administration details: step-wise reduction of 2.5 mg per week until cessation	
Investigational medicinal product name	Sulfasalazine
Investigational medicinal product code	
Other name	

Pharmaceutical forms	Tablet
Routes of administration	Oral use
Dosage and administration details:	
dose halved for 6 weeks and then stopped	
Investigational medicinal product name	Leflunomide
Investigational medicinal product code	
Other name	
Pharmaceutical forms	Tablet
Routes of administration	Oral use
Dosage and administration details:	
dose halved for 6 weeks and then stopped	
Investigational medicinal product name	Cyclosporin
Investigational medicinal product code	
Other name	
Pharmaceutical forms	Capsule
Routes of administration	Oral use
Dosage and administration details:	
dose halved for 6 weeks and then stopped	
Investigational medicinal product name	Etanercept
Investigational medicinal product code	
Other name	
Pharmaceutical forms	Injection
Routes of administration	Subcutaneous use
Dosage and administration details:	
week 0, 2, 4, 8	
Investigational medicinal product name	Infliximab
Investigational medicinal product code	
Other name	
Pharmaceutical forms	Powder for infusion
Routes of administration	Intravenous use
Dosage and administration details:	
week 8 or 10	
Investigational medicinal product name	Adalimumab
Investigational medicinal product code	
Other name	
Pharmaceutical forms	Injection
Routes of administration	Subcutaneous use
Dosage and administration details:	
week 0, 4, 8	
Investigational medicinal product name	Golimumab
Investigational medicinal product code	
Other name	
Pharmaceutical forms	Injection
Routes of administration	Intravenous use
Dosage and administration details:	
week 6	

<b>Number of subjects in period 1</b>	Withdrawal Arm	Standard Care Arm
Started	11	6
Completed	11	6

## Baseline characteristics

### Reporting groups

Reporting group title	Withdrawal Arm
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Reporting group description:

Patients randomized to drug withdrawal will undergo a phased withdrawal of medication where the last treatment added will be the first treatment withdrawn. Drugs will be withdrawn to doses routinely administered. Treatment will be withdrawn in a stepwise fashion phasing out and stopping over three months. Participants will be reviewed in clinic on 4 occasions 1 month apart (after screening) to manage treatment changes and monitor withdrawal response using the MDA criteria above. It is anticipated that the majority of patients will be taking TNF inhibitors at enrolment and up to one third will be taking methotrexate alone.

Reporting group title	Standard Care Arm
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Reporting group description:

Patients in this group will continue with their current therapy for the duration of the study. However, the treating clinician will be free to change their treatment if clinically indicated to do so (e.g., escalate treatment doses if patient is relapsing or decrease/change treatment if there are side-effects). Patients in this group will be seen at the same intervals as the intervention arm.

Reporting group values	Withdrawal Arm	Standard Care Arm	Total
Number of subjects	11	6	17
Age categorical			
Units: Subjects			
In utero	0	0	0
Preterm newborn infants (gestational age < 37 wks)	0	0	0
Newborns (0-27 days)	0	0	0
Infants and toddlers (28 days-23 months)	0	0	0
Children (2-11 years)	0	0	0
Adolescents (12-17 years)	0	0	0
Adults (18-64 years)	8	6	14
From 65-84 years	3	0	3
85 years and over	0	0	0
Gender categorical			
Units: Subjects			
Female	5	2	7
Male	6	4	10

## End points

### End points reporting groups

Reporting group title	Withdrawal Arm
Reporting group description: Patients randomized to drug withdrawal will undergo a phased withdrawal of medication where the last treatment added will be the first treatment withdrawn. Drugs will be withdrawn to doses routinely administered. Treatment will be withdrawn in a stepwise fashion phasing out and stopping over three months. Participants will be reviewed in clinic on 4 occasions 1 month apart (after screening) to manage treatment changes and monitor withdrawal response using the MDA criteria above. It is anticipated that the majority of patients will be taking TNF inhibitors at enrolment and up to one third will be taking methotrexate alone.	
Reporting group title	Standard Care Arm
Reporting group description: Patients in this group will continue with their current therapy for the duration of the study. However, the treating clinician will be free to change their treatment if clinically indicated to do so (e.g., escalate treatment doses if patient is relapsing or decrease/change treatment if there are side-effects). Patients in this group will be seen at the same intervals as the intervention arm.	

### Primary: Overall Flare Status

End point title	Overall Flare Status <sup>[1]</sup>
End point description: Actual number of patients who experienced a flare are captured, though expressed in percentage from in the attached publication.	
End point type	Primary
End point timeframe: The trial Primary endpoint was to determine how controlled withdrawal of trial treatment impacted on flare rates compared to standard treatment in patients with stable low disease activity psoratic RA, to see if remission can be sustained.	
Notes: [1] - No statistical analyses have been specified for this primary end point. It is expected there is at least one statistical analysis for each primary end point. Justification: Please see attached publication for all exploratory statistical analysis's performed in the trial.	

End point values	Withdrawal Arm	Standard Care Arm		
Subject group type	Reporting group	Reporting group		
Number of subjects analysed	11	6		
Units: No of Patients who relapsed.	6	0		

### Statistical analyses

No statistical analyses for this end point

## Adverse events

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### Adverse events information<sup>[1]</sup>

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Timeframe for reporting adverse events:

AEs will be collected for all patients from randomisation until the last dose of treatment with a protocol IMP. AEs will be evaluated for duration and intensity according to the NCRI Common Toxicity Criteria.

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Adverse event reporting additional description:

Information about AEs, whether volunteered by the patient, discovered by the investigator questioning or detected through physical examination, laboratory test or other investigation will be collected and recorded on the CRF.

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Assessment type	Systematic
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### Dictionary used

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Dictionary name	CTCAE
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Dictionary version	4.0
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Frequency threshold for reporting non-serious adverse events: 5 %

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Notes:

[1] - There are no non-serious adverse events recorded for these results. It is expected that there will be at least one non-serious adverse event reported.

Justification: No Serious Adverse Events were recorded on the trial. For details of all adverse events, please see the attached document, retreat AE tables.pdf

## More information

### Substantial protocol amendments (globally)

Were there any global substantial amendments to the protocol? Yes

Date	Amendment
21 December 2012	MHRA CTA application amended to update the supply arrangements of two of the IMP's, as the research team requested to use generic hospital stock instead of the previous agreed supplier

Notes:

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### Interruptions (globally)

Were there any global interruptions to the trial? No

### Limitations and caveats

Limitations of the trial such as small numbers of subjects analysed or technical problems leading to unreliable data.

N/A
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Notes:

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### Online references

<http://www.ncbi.nlm.nih.gov/pubmed/25644584>