

# Health coaching in primary health care for older people at moderate risk for cardiovascular diseases (CVD), diabetes and depression

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<b>Registration date</b> 24/11/2011	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 09/08/2016	<b>Condition category</b> Circulatory System	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

The aim of this study is to improve the health of older people at moderate risk for cardiovascular disease, diabetes or depression, by using health coaching and subsequent activities to promote a better lifestyle and help them live longer and healthier lives.

### Who can participate?

Men and women aged 60 to 75 who are at moderate risk for cardiovascular disease, diabetes or depression

### What does the study involve?

Participants are randomly allocated to either the intervention group or the control group. Both groups receive standard primary health care. Participants in the intervention group also receive motivational talks from a health coach that encourage them to improve their lifestyle. All participants undergo medical tests and complete questionnaires at the start of the study and after 6, 12 and 18 months. The intervention group and the control group are compared to find out whether there are any differences regarding blood pressure, blood sugar, depression, waist circumference, quality of life and lifestyle. The cost effectiveness of the intervention is also assessed.

### What are the possible benefits and risks of participating?

All participants are informed about the results of their medical tests and the intervention group may benefit from the motivational talks. There are no risks involved in this study.

### Where is the study run from?

21 primary health care centers in Sweden. The study is managed by Umeå University (Sweden).

### When is the study starting and how long is it expected to run for?

October 2011 to June 2013

Who is funding the study?  
Swedish National Institute of Public Health (Sweden)

Who is the main contact?  
Prof. Lars Lindholm  
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## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

### Scientific Title

Health coaching in primary health care for older people at moderate risk for CVD, diabetes and depression: a randomized controlled trial in Sweden to promote healthier lifestyle with physical activity, better food and improved social life

### Study objectives

One goal in the Swedish public health policy is to give young older people the possibility to live a long and healthy life. The overall aim of this study is to promote a better life style in order to live longer and healthier. The specific objectives are:

1. To give municipalities and county councils better knowledge of how they together with the informal sector can promote healthy aging
2. To increase the opportunities for older persons with moderate risk levels to get better health through health coaching conducted with motivational interviewing and subsequent activities.

The following research questions are in focus:

- 2.1. Are there some differences between the intervention group and the control group regarding health related quality of life?
- 2.2. Are there some differences between the intervention group and the control group regarding medical variables and self-reported lifestyle patterns?
- 2.3. Is the intervention cost effective?

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

The Regional Ethical Review Board in Umeå, 16/08/2011, ref: Dnr 2011-230-31

**Study design**

Randomized controlled study

**Primary study design**

Interventional

**Study type(s)**

Quality of life

**Health condition(s) or problem(s) studied**

Moderate risk for CVD, diabetes and depression in older people

**Interventions**

The study will compare patients which receive standard primary health care and patients that get standard care plus motivational talks (MI) that encourage the individuals to improve their lifestyle. The method is often referred to as MI (motivational interviewing) and will be conducted at baseline and after 3, 6, 12, and 18 month. 75% of the 2000 participants will be randomized to the intervention group and the rest will a control group receiving standard care. This implies that each county will recruit 500 participants of which 125 are randomized to the control group.

**Intervention Type**

Behavioural

**Primary outcome(s)**

1. Blood pressure level at baseline and after 6, 12 and 18 months
2. Blood sugar level (Hba1c) at baseline and after 6, 12 and 18 months
3. Depression according to Montgomery-Asberg Depression Scale (MADRS) self rating scale at baseline and after 6, 12 and 18 months
4. Waist circumference in cm at baseline and after 6, 12 and 18 months

**Key secondary outcome(s))**

A questionnaire with general and health related questions.

1. Section A- Background questions
2. Section B- Your social life
3. Section C- Life style questions
4. Section D- General health related questions including questions on drug use
5. Section E- EQ5D - including the Visual Analogue Scale (VAS) scale
6. Section F- Montgomery-Åsberg Depression Rating Scale (MADRS) scale on depression

**Completion date**

30/06/2013

# Eligibility

## Key inclusion criteria

Men and women between 60 and 75 are recruited to the study at the primary health care centre. Four counties in Sweden are selected and within these counties 21 health care centers have agreed to participate. All of them will enroll participants that fulfill one or more of the four individual inclusion criteria.

1. A minor increase of blood pressure that is not treated with drugs
2. A minor increase of blood sugar that is not treated with drugs
3. A minor depression that is not treated with drugs
4. An increase of waist-circumference

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Senior

## Sex

All

## Key exclusion criteria

Participant uses drugs linked to the inclusion criteria

## Date of first enrolment

01/10/2011

## Date of final enrolment

30/06/2013

# Locations

## Countries of recruitment

Sweden

## Study participating centre

Umeå University

Umeå

Sweden

SE 910 85

# Sponsor information

**Organisation**

Swedish National Institute of Public Health (Sweden)

**ROR**

<https://ror.org/05x4m5564>

**Funder(s)****Funder type**

Government

**Funder Name**

Swedish National Institute of Public Health (Sweden)

**Results and Publications****Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Protocol article</a>	protocol	06/03/2013		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes