# Education programmes for people with arthritis: a comparative study

Submission date	Recruitment status	<ul><li>Prospectively registered</li></ul>
12/09/2003	No longer recruiting	☐ Protocol
Registration date	Overall study status	Statistical analysis plan
12/09/2003	Completed	[X] Results
<b>Last Edited</b> 22/07/2013	Condition category  Musculoskeletal Diseases	Individual participant data
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## Plain English summary of protocol

Not provided at time of registration

# Contact information

## Type(s)

Scientific

#### Contact name

Dr A Hammond

#### Contact details

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# Additional identifiers

Protocol serial number N0077102835; H0643

# Study information

Scientific Title

#### **Study objectives**

Null hypothesis: there is no significant difference in adherence with health behaviours or health status between people with arthritis attending a standard arthritis education programme and an education programme incorporating psycho-educational approaches.

## Ethics approval required

Old ethics approval format

#### Ethics approval(s)

Not provided at time of registration

#### Study design

Randomised controlled trial

#### Primary study design

Interventional

#### Study type(s)

Quality of life

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

Rheumatoid, inflammatory and psoriatic arthritis

#### **Interventions**

Participants randomly allocated to:

- 1. Standard Arthritis Education Programme (AEP): 5 x 2 hour weekly programme of education and practical advice delivered by the rheumatology team. Education based on standard practice, e.g., information about rheumatoid arthritis, drugs, exercise, joint protection, relaxation, pain management, benefits, diet.
- 2. Educational-behavioural programme: two modules of  $4 \times 2$  hour weekly meetings plus a booster meeting:

Module 1: Joint Protection and Fatigue Management Specific training on joint protection (approx. 5 hour practical)

Module 2: Exercise, Pain and Stress Management

Booster meeting (includes drug therapy and test information)

Supported by information pack and patient workbook, goal setting, home programme.

Joint Sponsor Details:

Arthritis Research Campaign (ARC) (UK)

Copeman House

St Mary's Court

St Mary's Gate

Chesterfield, Derbyshire

S41 7TD

United Kingdom

Email: info@arc.org.uk

Website: http://www.arc.org.uk

#### Intervention Type

Other

#### Phase

Not Applicable

#### Primary outcome(s)

- 1. Measures of adherence with self-management strategies
- 2. Functional, psychological and health status
- 3. Demographic and health care utilisation information

Outcomes will be evaluated using a self-report questionnaire mailed out before and at 6 and 12 months after education.

#### Key secondary outcome(s))

No secondary outcome measures

#### Completion date

30/07/2004

# Eligibility

#### Key inclusion criteria

- 1. People with inflammatory arthritis attending the rheumatology department at DRI (i.e., rheumatoid arthritis, inflammatory arthropathy, psoriatic arthritis, seropositive or seronegative arthritis), diagnosed by a Consultant Rheumatologist
- 2. Aged over 18 years
- 3. Able to read English
- 4. Willing and able to attend an Arthritis Education Programme (AEP)

#### Participant type(s)

Patient

## Healthy volunteers allowed

No

#### Age group

Adult

#### Lower age limit

18 years

#### Sex

All

#### Kev exclusion criteria

Severe disease/functional problems

#### Date of first enrolment

01/07/2001

#### Date of final enrolment

# Locations

#### Countries of recruitment

United Kingdom

England

Study participating centre
Southern Derbyshire Acute Hosptials NHS Trust
Derby
United Kingdom
DE1 2QY

# Sponsor information

# Organisation

Department of Health (UK)

# Funder(s)

## Funder type

Hospital/treatment centre

#### **Funder Name**

Southern Derbyshire Acute Hospitals NHS Trust (UK)

#### **Funder Name**

Arthritis Research Campaign (ARC) (UK)

# **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? results

Results article 01/11/2008 Yes No