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Education programmes for people with arthritis: a comparative study

Submission date	Recruitment status	[ ] Prospectively registered
12/09/2003	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
12/09/2003	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
22/07/2013	Musculoskeletal Diseases	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
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

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Quality of life

Participant information sheet

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 x 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 measure
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.

Secondary outcome measures
No secondary outcome measures

Overall study start date
01/07/2001

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

Age group
Adult

Lower age limit
18 Years

Sex
Both

Target number of participants
150

Key exclusion criteria
Severe disease/functional problems

Date of first enrolment
01/07/2001

Date of final enrolment
30/07/2004

Locations

Countries of recruitment
England

United Kingdom

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

Sponsor information

Organisation
Department of Health (UK)

Sponsor details
Richmond House
79 Whitehall
London
United Kingdom
SW1A 2NL

Sponsor type
Government

Website
http://www.doh.gov.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

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

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 article	results	01/11/2008		Yes	No