Education programmes for people with arthritis: a comparative study

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

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

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 4×2 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