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Improving attendance at cardiac rehabilitation: a randomized controlled trial

Submission date
06/07/2011

Recruitment status
No longer recruiting

Registration date
08/08/2011

Overall study status
Completed

Last Edited
10/02/2016

Condition category
Circulatory System

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol
Background and study aims
Phase III cardiac rehabilitation is a program of supervised exercise, relaxation and education for people with heart disease. It improves fitness and reduces the likelihood of future heart attacks, but attendance rates are low. We set out to increase the proportion of people attending cardiac rehabilitation using a specially designed invitation letter and supportive leaflet, using wording that theoretically should encourage people to attend.

Who can participate?
People were recruited to the study while in hospital following a heart attack or heart surgery.

What does the study involve?
Participants are randomly allocated to either receive either the new letter or the previously used letter. Similarly, participants are randomly allocated to receive the new leaflet or not. We then count how many of each group attend cardiac rehabilitation.

What are the possible benefits and risks of participating?
There were no risks to participants.

Where is the study run from?
Aberdeen Royal Infirmary (UK)

When is the study starting and how long is it expected to run for?
January 2007 to December 2008

Who is funding the study?
University of Aberdeen (UK)

Who is the main contact?
During the study: Dr Sultan Mosleh (s.m.mosleh@abdn.ac.uk)
After study completion: Dr Neil Campbell (n.campbell@abdn.ac.uk)

Contact information

Type(s)
Scientific

Contact name
Dr Sultan Mosleh

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Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title
Effectiveness of theory based interventions to improve attendance at cardiac rehabilitation: a randomized controlled trial

Study objectives
A theory-based invitation letter and leaflet will increase attendance at phase III cardiac rehabilitation above that attained by the usual invitation letter

Ethics approval required
Old ethics approval format

Ethics approval(s)
Grampian Research Ethics Committee,17/11/2006, ref: 06/S0802/119

Study design
2x2 factorial design single centre blind randomised controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Coronary heart disease. Specifically post myocardial infarction and post cardiac surgery.

Interventions

1. Letter of invitation to cardiac rehabilitation designed with theory based wording
2. Supportive leaflet to accompany letter of invitation to cardiac rehabilitation designed with theory based wording
3. The control was the previously used letter of invitation to cardiac rehabilitation

Intervention Type
Other

Phase
Phase III

Primary outcome(s)
Attendance at least one session of a Phase III CR programme

Key secondary outcome(s))
1. To identify the factors associated with CR attendance
2. The independent measures of CR attendance were determined by a baseline self-report questionnaire which covered socio-demographical and medical factors, Hospital Anxiety and Depression Scale (HAD) (Zigmond and Snaith, 1983), Theory of Planned Behaviour (TPB) scale (Blanchard et al, 2002; Blanchard et al, 2003) and Illness Perception questionnaire (Weinman et al. 1996)

Completion date
31/12/2008

Eligibility

Key inclusion criteria
Consecutive patients who were admitted with myocardial infarction (MI) or post cardiac surgery between January 2007 and December 2007 at Aberdeen Royal Infirmary were invited to participate in the study if they were referred to the cardiac rehabilitation (CR) programme in the city of Aberdeen or the area of Aberdeenshire.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
1. Patients who had not had MI
2. Patients who were terminally ill
3. Patients who had cardiac valve stenosis
4. Patients who had arrhythmia

5. Patients who abuse alcohol or drugs
6. Patients who are mentally or physically disabled
7. Those referred to the CR programme from out of Aberdeen area

Date of first enrolment
01/01/2007

Date of final enrolment
31/12/2008

Locations

Countries of recruitment
United Kingdom

Scotland

Study participating centre
University of Aberdeen
Aberdeen
United Kingdom
AB25 2ZD

Sponsor information

Organisation
University of Aberdeen (UK)

ROR
https://ror.org/016476m91

Funder(s)

Funder type
University/education

Funder Name
University of Aberdeen

Alternative Name(s)
ABDN

Funding Body Type
Private sector organisation

Funding Body Subtype
Universities (academic only)

Location
United Kingdom

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 article	results	01/09/2009		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes