# Improving attendance at cardiac rehabilitation: a randomized controlled trial

| Submission date               | Recruitment status No longer recruiting | <ul><li>Prospectively registered</li></ul> |  |  |
|-------------------------------|---|--|--|--|
| 06/07/2011                    |   | Protocol                                   |  |  |
| Registration date             | Overall study status                    | Statistical analysis plan                  |  |  |
| 08/08/2011                    | Completed                               | [X] Results                                |  |  |
| <b>Last Edited</b> 10/02/2016 | Condition category Circulatory System   | [] 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

#### Contact details

University of Aberdeen Centre of Academic Primary Care Polwarth Building Foresterhill Aberdeen United Kingdom AB25 2ZD

### Additional identifiers

**EudraCT/CTIS** number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

### Secondary study design

### Randomised controlled trial

### Study setting(s)

Hospital

### Study type(s)

Treatment

### Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

### 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 measure

Attendance at least one session of a Phase III CR programme

### Secondary outcome measures

- 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)

### Overall study start date

01/01/2007

### 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** 

### Age group

Adult

#### Sex

Both

### Target number of participants

412 patients were required in total to enable comparison between all of the four cells, or 206 to enable two-group comparisons (theoretical letter vs. the standard letter, or leaflet vs. no leaflet)

### 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

Scotland

United Kingdom

## Study participating centre University of Aberdeen

Aberdeen United Kingdom AB25 2ZD

### Sponsor information

### Organisation

University of Aberdeen (UK)

### Sponsor details

Research and Innovation University of Aberdeen King's College Aberdeen Scotland United Kingdom AB24 3FX +44 (0)1224 272000 res-innov@abdn.ac.uk

### Sponsor type

University/education

### Website

http://www.abdn.ac.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**

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 | 01/09/2009   |            | Yes            | No              |