

# The First Steps pathway for taking control after a diagnosis of Parkinson's

<b>Submission date</b> 19/03/2018	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 29/03/2018	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 07/04/2025	<b>Condition category</b> Nervous System Diseases	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Parkinson's disease is a condition in which parts of the brain become progressively damaged over many years. People with Parkinson's (PwP) report being diagnosed as devastating and could be better handled with a subsequent reduction in stress and anxiety for those affected and their families. Stress and anxiety have been highlighted as one of the top 10 research priorities for PwP with the need for improvement in the information those newly diagnosed receive. The aim of this study is to assess the First Step program for taking control after diagnosis, which has been developed by PwP for PwP.

### Who can participate?

Patients aged over 18 with a diagnosis of Parkinson's within the previous 12 months

### What does the study involve?

The First Step program consists of two workshops over a 6-week period. The workshops are delivered by PwP who provide information on how to face the future positively, address fears and misconceptions and how they can help manage the condition themselves. Participants are asked to complete assessments delivered over the phone, through the post or online before starting the program and after 3 and 6 months. Questions are asked about health, wellbeing and activity. People's experiences of the program and the study are also collected.

### What are the possible benefits and risks of participating?

There is minimal risk associated with assessment and the study has been designed to minimise burden on the participants. Assessment takes place over the phone at a time convenient to the participant, thus avoiding the need to travel. Follow-up assessment should take no longer than 40 minutes, with assessments at the start of the study taking longer due to the consenting procedure and obtaining demographic information. Whilst unlikely, the questionnaires used in the study may cause mild distress to participants. However, they are all commonly used in both research and clinical practice and the researcher will have adequate experience of their use.

Where is the study run from?

The program takes place in suitable community venues in Oxfordshire, Hampshire or Surrey (when the program becomes available). Currently the Oxfordshire program runs out of Witney Lakes Resort.

When is the study starting and how long is it expected to run for?

June 2017 to November 2018

Who is funding the study?

Parkinson's UK

Who is the main contact?

Sophie Lawrie

## Contact information

### Type(s)

Scientific

### Contact name

Miss Sophie Lawrie

### Contact details

Oxford Brookes University

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Oxford

United Kingdom

OX3 0BP

## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

CPMS 35346

## Study information

### Scientific Title

The First Steps pathway for taking control after a diagnosis of Parkinson's: a feasibility study

### Study objectives

People with Parkinson's (PwP) report being diagnosed as devastating and could be better handled with a subsequent reduction in stress and anxiety for those affected and their families. Stress and anxiety have been highlighted as one of the top 10 research priorities for PwP (James Lind Alliance) with the need for improvement in the Information those newly diagnosed receive.

This research is to evaluate the 'First Step program' for taking control after diagnosis, which has been developed by PwP for PwP.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

South Central - Hampshire A Research Ethics Committee, 23/08/2017, ref: 17/SC/0346

### **Study design**

Non-randomized; Interventional; Design type: Treatment, Complex Intervention

### **Primary study design**

Interventional

### **Secondary study design**

Non randomised study

### **Study setting(s)**

Community

### **Study type(s)**

Treatment

### **Participant information sheet**

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

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

Parkinson's disease

### **Interventions**

Adults with diagnoses of Parkinson's within the previous 12 months, will be invited to attend the program and be offered the opportunity to take part in the research. It will be made clear to individuals that taking part in the program is not dependent on them taking part in the research.

The program will take place in suitable community venues in Oxfordshire, Hampshire or Surrey (when the program becomes available). Currently the Oxfordshire program runs out of Witney Lakes Resort.

The First Step program consists of two workshops over a 6-week period. The workshops are delivered by pwp who provide information on how to face the future positively, address fears and misconceptions and how they can help manage the condition themselves. Those taking part in the research will be asked to take part in assessments delivered over the phone. The EPIC Questionnaire will be completed at their convenience either through post or by completing online. Assessment will take place before starting the program (baseline) and at 3 months and 6 months. At assessment we will ask questions about health, wellbeing and activity, using standard questionnaires. People's experiences of the program and the research will also be asked. All people taking part in the research will have the opportunity to receive the program, however, delivery of the program will begin when available in that area.

## **Intervention Type**

Other

### **Primary outcome measure**

1. Acceptability, assessed using Process Evaluation Questionnaire (view of venue, staff /facilitator, course content, ease of attendance, impact)
2. Demographics (age, gender, ethnicity, socioeconomic status and rural or urban home, employment)
3. Adherence: % of attendance for Day 1 and Day 2 of First Steps Program
4. Eligibility: number of people screened and that match the eligibility criteria
5. Recruitment: rate of eligible participants enrolled onto the study (%), rate of eligible patients that attended First Steps (%)
6. Retention: no. of enrolled patients that completed the 6 month telephone assessment, number of patients that completed the process evaluation questionnaire, number of patients that completed each outcome measure at baseline, 3 months and 6 months
7. Step-wedge trial: differences in onset of programme provision, number of patients who have attended and not attended First Steps per site
8. Fidelity of delivery, assessed using fidelity checklist at delivery of program

### **Secondary outcome measures**

1. Generic health status is measured by the Euro-QOL (EQ5D-5L) questionnaire at baseline (0 weeks), three months (12 weeks) and six months (24 weeks)
2. Anxiety and depression is measured by the Hospital, Anxiety and Depression Scale (HaDs) at baseline (0 weeks), three months (12 weeks) and six months (24 weeks)
3. Social participation is measured by the World Health Organisation Disability Assessment Schedule (WHODAS) at baseline (0 weeks), three months (12 weeks) and six months (24 weeks)
4. Service use is measured by the modified Client Service Receipt Inventor (modified CSRI) at baseline (0 weeks), three months (12 weeks) and six months (24 weeks)
5. Activities of daily living is measured by the Schwab and England (S&E) questionnaire at baseline (0 weeks), three months (12 weeks) and six months (24 weeks)
6. Physical activity is measured by the International physical activity questionnaire-short version (IPAQs) at baseline (0 weeks), three months (12 weeks) and six months (24 weeks)
7. Diet over the past year is measured by the EPIC-Norfolk Food Frequency Questionnaire. At baseline (0 weeks) a link to an online version of the EPIC questionnaire OR a paper copy is sent by post to the participant to be completed at the participants convenience
8. Diet over the previous day is measured using the 24-hour Food Recall at baseline (0 weeks), three months (12 weeks) and six months (24 weeks)
9. Carer strain is measured by the Caregiver Strain Index at baseline (0 weeks), three months (12 weeks) and six months (24 weeks)

### **Overall study start date**

01/06/2017

### **Completion date**

30/11/2018

## **Eligibility**

### **Key inclusion criteria**

1. A recent (within 12 months) diagnosis of Parkinson's disease
2. Above the age of 18 years

**Participant type(s)**

Patient

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

Both

**Target number of participants**

Planned Sample Size: 80; UK Sample Size: 80

**Total final enrolment**

57

**Key exclusion criteria**

1. Severe depression or psychosis
2. Reduced cognition that would preclude active involvement and capacity to consent to participate
3. Unable to understand English

**Date of first enrolment**

01/02/2018

**Date of final enrolment**

30/05/2019

**Locations****Countries of recruitment**

England

United Kingdom

**Study participating centre**

**John Radcliffe Hospital**

Headley Way

Headington

Oxford

United Kingdom

OX3 9DU

**Study participating centre**

**Southampton General Hospital**

Tremona Road  
Southampton  
United Kingdom  
SO16 6YD

**Study participating centre****Ashford Hospital**

London Road  
Ashford  
United Kingdom  
TW15 3AA

**Study participating centre****St Peter's Hospital**

Guildford Road  
Chertsey  
United Kingdom  
KT16 0PZ

**Sponsor information****Organisation**

Oxford Brookes University

**Sponsor details**

c/o Ms Kellie Tune  
Marston Road Campus  
Jack Straw's Lane  
Oxford  
England  
United Kingdom  
OX3 0FL

**Sponsor type**

University/education

**ROR**

<https://ror.org/04v2twj65>

**Funder(s)**

**Funder type**

Charity

**Funder Name**

Parkinson's UK; Grant Codes: M6002

**Alternative Name(s)****Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Associations and societies (private and public)

**Location**

United Kingdom

## Results and Publications

**Publication and dissemination plan**

Protocol publication in preparation for a peer-reviewed journal. The results of the study are planned to be published in a peer-reviewed journal around 1 year after the overall trial end date.

**Intention to publish date**

11/06/2020

**Individual participant data (IPD) sharing plan**

The data sharing plans for the current study are unknown and will be made available at a later date.

**IPD sharing plan summary**

Data sharing statement to be made available at a later date

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Other publications</a>	Qualitative data	10/10/2019	19/05/2023	Yes	No
<a href="#">HRA research summary</a>			28/06/2023	No	No
<a href="#">Results article</a>		09/11/2023	07/04/2025	Yes	No