# Implementation intentions for creating and breaking habits in care provided to patients with type 2 diabetes: a dual process approach

Submission date	Recruitment status	<ul><li>Prospectively registered</li></ul>
10/04/2015	Stopped	∐ Protocol
Registration date	Overall study status	Statistical analysis plan
20/04/2015	Stopped	☐ Results
Last Edited	Condition category	Individual participant data
07/01/2021	Nutritional, Metabolic, Endocrine	<ul> <li>Record updated in last year</li> </ul>

## Plain English summary of protocol

Background and study aims

A lot of money is spent on research and development of clinical guideline procedures but clinicians do not always stick to these guidelines. This means that patients do not always receive the best possible care. Recently, Diabetes UK teamed up with Newcastle University to develop three 'information prescriptions', which are a way of giving better health and lifestyle advice to patients with type 2 diabetes. The information prescriptions cover topics including haemoglobin A1c (HbA1c) levels, high blood pressure and high cholesterol. The information prescriptions have been installed nationwide on the computer systems of primary care practices (e.g. GP practices) and clinicians will be asked to use them during patient appointments. This study aims to examine whether the addition of a short planning intervention can help clinicians to develop a habit of using the information prescriptions with patients.

## Who can participate?

Health professionals familiar with the new information leaflet for type 2 diabetes.

## What does the study involve?

Participants are randomly put into one of two groups. One group is given a planning intervention for using the information prescriptions, and the other group will follow standard procedure. We are measuring how often the new information prescriptions are used at three different time points over a 6 month period with the help of a planning intervention. Usage is self-reported in the form of online questionnaires.

What are the possible benefits and risks of participating?

There are no risks associated with participation in this study. The only burden to the participants is the time that they need to spend completing online questionnaires. To make this easier we are using a small number of short questions.

Where is the study run from? Newcastle PCT (UK)

When is the study starting and how long is it expected to run for? April 2015 to February 2017

Who is funding the study? The Health Foundation (UK)

Who is the main contact? Mr S Potthoff

## Contact information

## Type(s)

Scientific

#### Contact name

Mr Sebastian Potthoff

#### Contact details

Baddiley-Clark Bldg Richardson Road Newcastle upon Tyne United Kingdom NE2 4AX

# Additional identifiers

**EudraCT/CTIS** number

**IRAS** number

ClinicalTrials.gov number

Secondary identifying numbers N/A

# Study information

#### Scientific Title

Implementation intentions to facilitate habit formation in clinicians in type 2 diabetes care: a randomised controlled trail

## Study objectives

Clinicians who form both action and coping plans at baseline will provide more information prescriptions at 6 months follow-up.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Ethics Committee Newcastle University, Faculty of Medical Sciences, 29/01/2015, ref: 00849.

#### Study design

An online randomised controlled trial looking at the usage of a new information prescription in type 2 diabetes care. Information prescriptions are designed to give people with diabetes the information they need to understand and improve on their health targets. This study is designed to investigate whether the addition of a short planning intervention improves the uptake of the information prescriptions.

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

GP practice

## Study type(s)

**Not Specified** 

## Participant information sheet

Not available in web format, please use contact details to request a participant information sheet.

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

Type 2 diabetes

#### **Interventions**

- 1. Questions prompting forming an action plan (AP) for using the information prescriptions
- 2. Questions prompting forming a coping plan (CP) for using the information prescriptions
- 3. Questions prompting forming an AP and CP for using the information prescriptions
- 4. Control group

## Intervention Type

Behavioural

## Primary outcome measure

Self-reported number of information prescriptions provided at 6 month follow-up.

## Secondary outcome measures

Self-reported levels of automaticity of using the information prescriptions.

## Overall study start date

14/04/2015

## Completion date

17/02/2017

## Reason abandoned (if study stopped)

Participant recruitment issue

# **Eligibility**

#### Key inclusion criteria

- 1. Clinical staff member within primary care
- 2. Access and experience with administering the new information leaflet
- 3. Male and female
- 4. Age 18 to 75

## Participant type(s)

Health professional

#### Age group

Mixed

#### Sex

Both

## Target number of participants

128 at 6 months follow-up

## Key exclusion criteria

No experience with delivering advice to patients with the help of the information prescriptions.

## Date of first enrolment

14/04/2015

### Date of final enrolment

15/12/2015

## Locations

#### Countries of recruitment

England

**United Kingdom** 

## Study participating centre

#### **Newcastle PCT**

Benfield Road Newcastle Upon Tyne Tyne and Wear United Kingdom NE6 4PF

# Sponsor information

#### Organisation

**Newcastle University** 

## Sponsor details

Faculty of Medical Sciences Framlington Place University of Newcastle Newcastle Upon Tyne England United Kingdom NE2 4HH

## Sponsor type

University/education

#### ROR

https://ror.org/01kj2bm70

# Funder(s)

## Funder type

Charity

#### Funder Name

The Health Foundation (UK)

## **Results and Publications**

Publication and dissemination plan

Intention to publish date

Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Available on request