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

Submission date
10/04/2015

Recruitment status
Stopped

Registration date
20/04/2015

Overall study status
Stopped

Last Edited
07/01/2021

Condition category
Nutritional, Metabolic, Endocrine

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

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
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Additional identifiers

Protocol serial number
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

Study type(s)
Not Specified

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

Key secondary outcome(s))
Self-reported levels of automaticity of using the information prescriptions.

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

Healthy volunteers allowed
No

Age group
Mixed

Sex
All

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
United Kingdom

England

Study participating centre
Newcastle PCT
Benfield Road
Newcastle Upon Tyne Tyne and Wear
United Kingdom
NE6 4PF

Sponsor information

Organisation
Newcastle University

ROR
https://ror.org/01kj2bm70

Funder(s)

Funder type
Charity

Funder Name
The Health Foundation (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes