

Preventing disease through opportunistic, rapid engagement by primary care teams using behaviour change counselling

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|--|---|--|
| Submission date 08/06/2006 | Recruitment status No longer recruiting | <input checked="" type="checkbox"/> Prospectively registered |
| | | <input checked="" type="checkbox"/> Protocol |
| Registration date 11/09/2006 | Overall study status Completed | <input type="checkbox"/> Statistical analysis plan |
| | | <input checked="" type="checkbox"/> Results |
| Last Edited 22/06/2016 | Condition category Mental and Behavioural Disorders | <input type="checkbox"/> Individual participant data |

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

G0501283

Study information

Scientific Title

Preventing disease through opportunistic, Rapid EngagEMENT by Primary care Teams using behaviour change counselling

Acronym

PRE-EMPT

Study objectives

There are three main aims:

1. To determine whether exposing clinicians to blended learning of Behaviour Change Counselling (BCC) leads to patients making more positive changes regarding smoking, risky drinking, physical activity and unhealthy eating, and at what cost?
2. To examine if patients consulting with clinicians exposed to blended learning of Behaviour Change Counselling recall behavioural interventions more often and find them more acceptable and do they state that they intend to change more often?
3. To explore if clinicians exposed to blended learning of BCC feel more efficacious in advising on behaviour change, and committed to behaviour change counselling?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Multi-centre Research Ethics Committee (MREC) for Wales, 09/05/2007, ref: 07/MRE09/11

Study design

Cluster randomised trial with randomisation at the level of general practice

Primary study design

Interventional

Secondary study design

Cluster randomised trial

Study setting(s)

GP practice

Study type(s)

Treatment

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

Behaviour change counselling in patients with unhealthy lifestyles

Interventions

Clinicians in the experimental group will receive training in Behaviour Change Counselling, using a blended learning, multi-method approach including on-line learning and face to face seminar sessions. Clinicians will then use this when interacting with patients around health behaviour change. The comparison group will provide usual care with the offer of training after the study period.

Intervention Type

Behavioural

Primary outcome measure

Proportion of patients showing important positive change in one or more of the four behaviours (smoking, alcohol use, exercise and healthy eating) at three months

Secondary outcome measures

Not provided at time of registration

Overall study start date

01/10/2006

Completion date

31/12/2010

Eligibility**Key inclusion criteria**

1. Ability to provide informed consent
2. Aged 18 years and over
3. English speaking
4. Screening positive to any of the four behaviours (smoking, alcohol use, exercise and healthy eating)

Participant type(s)

Patient

Age group

Adult

Lower age limit

18 Years

Sex

Both

Target number of participants

24 practices (12 intervention; 12 control)

Key exclusion criteria

1. Serious acute illness
2. Terminal illness
3. Severe psychiatric illness (as indicated by health professional)

Date of first enrolment

01/10/2006

Date of final enrolment

31/12/2010

Locations**Countries of recruitment**

United Kingdom

Wales

Study participating centre

Cardiff University

Cardiff

United Kingdom

CF14 4XN

Sponsor information**Organisation**

Cardiff University (UK)

Sponsor details

Research and Commercial Division

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30-36 Newport Road

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Sponsor type

University/education

ROR

<https://ror.org/03kk7td41>

Funder(s)

Funder type

Government

Funder Name

National Prevention Research Initiative (NPRI) (UK) (ref: G0501283)

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? |
|----------------------------------|----------|--------------|------------|----------------|-----------------|
| Protocol article | protocol | 21/09/2010 | | Yes | No |
| Results article | results | 19/03/2013 | | Yes | No |
| Results article | results | 09/10/2015 | | Yes | No |