

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

<b>Submission date</b> 08/06/2006	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
		<input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 11/09/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 22/06/2016	<b>Condition category</b> 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

### Contact name

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### Contact details

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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

Cardiff University

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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?
<a href="#">Protocol article</a>	protocol	21/09/2010		Yes	No
<a href="#">Results article</a>	results	19/03/2013		Yes	No
<a href="#">Results article</a>	results	09/10/2015		Yes	No