

Prevention of cardiovascular disease in current and former employees of the Ford motor company, Germany

Submission date 26/05/2011	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 28/07/2011	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 14/03/2023	Condition category Circulatory System	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

Cardiovascular diseases (CVD), including heart disease, heart attack and stroke, are a major cause of suffering and disability in many patients. Therefore, there is an urgent need for treatment strategies to prevent CVD, especially in healthy individuals at high risk for CVD. Decades of research have shown that CVD results from multiple risk factors, including smoking, high blood cholesterol, high blood pressure, obesity, chronic stress and depression. Treatment strategies for single risk factors are available, but, until now, only very few studies have targeted all of the aforementioned risk factors at the same time in a larger sample of healthy individuals at high risk for CVD. This study aims to fill this gap. The aim of this study is to find out whether the PreFord intervention reduces the risk of CVD.

Who can participate?

Adults with no evidence of existing CVD, but at high risk for CVD in the future

What does the study involve?

Participants are randomly allocated to either the PreFord intervention or routine care by their GPs. The PreFord intervention consists of 75 hours (total), divided into 30 sessions (2.5 hours each), two times a week, over a period of 15 weeks. It includes health education (e.g., the heart and vessels, healthy food, heart medication, etc), exercise, a smoking cessation programme if necessary, and LifeSkills, an approach to enhance stress resilience and social relationships at work and leisure time. The intervention is accompanied by a guideline-based drug treatment for high blood cholesterol and high blood pressure, if necessary. Well being, health behaviour and CVD risk factors are assessed before and after the intervention, and annually for 5 years. The intervention and each follow-up assessment are free of charge, and participants are free to join or leave the study whenever they wish.

What are the possible benefits and risks of participating?

Not provided at time of registration

Where is the study run from?
German Sports University Cologne

When is the study starting and how long is it expected to run for?
August 2004 to July 2013

Who is funding the study?
Bayer Vital (Germany), Pronova BKK (Germany) and AstraZeneca (Germany)

Who is the main contact?
Prof. Hans-Georg Predel
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Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title
Multimodal intervention for primary prevention of cardiovascular disease in current and former employees of the Ford motor company, Germany - the PreFord trial

Acronym
PreFord

Study objectives
A multimodal intervention for primary prevention of cardiovascular disease (CVD) will reduce multiple biological and psychosocial cardiac risk factors and cardiac events.

Re-evaluation of cardiovascular risk and cardiac events annually up to 5 years.

Ethics approval required

Old ethics approval format

Ethics approval(s)

1. North Rhine Medical Association (Aerztekammer North Rhine) Ethics Committee, 20/12/2004, ref: 2004079
2. Faculty of Medicine Ethics Committee, University of Cologne, 02/02/2004, ref: 03-217

Study design

Two-armed randomized controlled clinical trial

Primary study design

Interventional

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Prevention of cardiovascular disease

Interventions

Multimodal intervention for outpatients, two sessions a week in the afternoon for three months (75 hours total):

1. Health education
2. Exercise therapy
3. Smoking cessation programme
4. Stress management (LifeSkills)

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

European Society of Cardiology risk score

Key secondary outcome(s))

1. Health behaviour (physical fitness, smoking, BMI)
2. CVD risk factors, e.g. low-density-lipoprotein cholesterol (LDL-C), total cholesterol, triglycerides, blood pressure, diabetes mellitus, depression and anxiety (HADS), Type-D pattern (DS-14)

Completion date

31/07/2013

Eligibility

Key inclusion criteria

1. Adult men and women with no evidence for CVD and elevated risk according to the (European Society of Cardiology) ESC risk score > 5%
2. Informed consent

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Total final enrolment

447

Key exclusion criteria

Severe somatic or psychiatric morbidity, e.g. malignancies, psychosis, drug addiction

Date of first enrolment

01/08/2004

Date of final enrolment

31/07/2013

Locations**Countries of recruitment**

Germany

Study participating centre

German Sports University Cologne

Cologne (Koeln)

Germany

50931

Sponsor information**Organisation**

German Sports University (Germany)

ROR

<https://ror.org/0189raq88>

Funder(s)

Funder type

Industry

Funder Name

Bayer Vital (Germany)

Funder Name

Pronova BKK (Germany)

Funder Name

AstraZeneca (Germany)

Results and Publications

Individual participant data (IPD) sharing plan

Not provided at time of registration

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/02/2004		Yes	No
Results article	results	01/02/2012		Yes	No
Results article	results	01/09/2017		Yes	No
Other publications	Secondary analysis	23/02/2023	14/03/2023	Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes