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Activity Increase Despite Arthritis: developing and evaluating an active management booklet for hip and knee pain

Submission date
18/05/2009

Recruitment status
No longer recruiting

Registration date
02/07/2009

Overall study status
Completed

Last Edited
19/10/2011

Condition category
Musculoskeletal Diseases

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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
SPON381-07

Study information

Scientific Title
Developing an active management booklet for hip and knee pain: an interventional single centre randomised controlled trial

Acronym
AIDA

Study objectives
Evidence-based booklet for older patients with hip or knee pain encourages physical activity and promoting autonomy.

Ethics approval required
Old ethics approval format

Ethics approval(s)
North East Wales Research Ethics Committee approved on 28th February 2008 (ref: 08/WNo03 /5)

Study design
Interventional randomised controlled single-centre study

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Prevention

Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied
Osteoarthritis of hip and knee

Interventions
Participants randomised to the intervention arm will receive new educational booklet. Participants randomised to the control arm will receive a patient information booklet about

osteoarthritis produced by the Arthritis Research Campaign (ARC) at 1 month and 3 months follow-up.

Intervention Type
Other

Phase
Not Applicable

Primary outcome measure
1. Illness beliefs will be measured with the hip and knee pain beliefs questionnaire (HKBQ) measuring illness beliefs; score (1 = strongly disagree, 5 = strongly agree) at baseline, 1 month and 3 months follow-up
2. Treatment beliefs will be measured with a modified Exercise Attitude Questionnaire-18 (EAQ-18); score (1 = strongly disagree, 5 = strongly agree) at baseline, 1 month and 3 months follow-up

Secondary outcome measures
1. Western Ontario McMaster University Arthritis Index (WOMAC) measuring pain, stiffness and difficulty performing daily activities; score (0 = no pain, no stiffness, no difficulty; 10 = extreme pain, extreme stiffness, extreme difficulty) at baseline, 1 month and 3 months follow up
2. Tampa Scale for Kinesiophobia measuring fear of movement/re-injury; score on 4 point likert scale from strongly disagree to strongly agree at baseline, 1 month and 3 months follow-up
3. 12-item short form health survey (SF-12) measuring health and well-being by indicating which statement best describes your health at baseline, 1 month and 3 month follow-up
4. EQ-5D, a measure of health utility by indicating which statement describe health state at baseline, 1 month and 3 months follow-up
5. Client Service Inventory (CSRI) asking about contact with health care services at 3 months follow-up
6. International Physical Activity Questionnaire (IPAQ), a measure of physical activity at baseline, 1 month and 3 months follow up

Overall study start date
20/01/2009

Completion date
30/06/2009

Eligibility

Key inclusion criteria
1. Patients over 50 years old, either sex
2. Presenting in primary care with hip or knee pain within the last 12 months

Inclusion will not be dependent upon any diagnostic criteria for osteoarthritis, as these are inconsistently applied in primary care populations.

Participant type(s)
Patient

Age group

Adult

Sex
Both

Target number of participants
200 patients in total from four practices, 100 with hip pain, 100 with knee pain

Key exclusion criteria
1. Inflammatory joint disease
2. Fractures
3. Arthroplasty referral
4. Prescription of potent opioid analgesia

Patients who have already participated in the focus groups and cognitive debriefing interviews will be excluded from the trial.

Date of first enrolment
20/01/2009

Date of final enrolment
30/06/2009

Locations

Countries of recruitment
United Kingdom

Wales

Study participating centre
Department of Primary Care and Public Health
Wrexham
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LL13 7YP

Sponsor information

Organisation
Cardiff University (UK)

Sponsor details
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Sponsor type
University/education

Website
http://www.cardiff.ac.uk

ROR
https://ror.org/03kk7td41

Funder(s)

Funder type
Government

Funder Name
Wales Office of Research and Development for Health and Social Care (WORD) (UK) (ref: 06/2/234)

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	04/09/2009		Yes	No
Results article	feasibility study results	01/08/2011		Yes	No