

# Physical activity for health in South Asian men with prostate cancer

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<b>Registration date</b> 03/10/2025	<b>Overall study status</b> Ongoing	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 03/10/2025	<b>Condition category</b> Cancer	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Prostate cancer is the most common male cancer, with over 50,000 men diagnosed each year in the UK. Studies have shown that different ethnic groups are more or less likely to develop prostate cancer, with South Asian men less likely to develop prostate cancer than white men. This suggests that being South Asian is a protective factor in whether men develop prostate cancer. However, a higher proportion of South Asian men are diagnosed with advanced prostate cancer and die from prostate cancer than non-South Asian men. This research aims to investigate a physical activity intervention of brisk walking in men of South Asian heritage who have been diagnosed with prostate cancer. The main aims of the study are to see whether men are willing to join the study, and whether they stick to doing the physical activity. Overall, the study will help determine if the intervention shows potential promise and if a larger study is worthwhile.

### Who can participate?

Adult men ( $\geq 18$  years) of South Asian heritage who have previously diagnosed or newly diagnosed with localised or locally advanced prostate cancer.

### What does the study involve?

The study will assess the acceptability of a brisk walking intervention (30 minutes a day, 5 days a week) across two hospitals and the feasibility of conducting a larger clinical trial to investigate whether this intervention improves health outcomes. Men will be asked to participate in a three-month brisk walking intervention and will receive support to motivate them to do so. They will complete questionnaires and logs to record their step count for 1 week when they join the study, and after 6 weeks, 3 months and four months. Information will also be collected from their medical records and through focus groups to find out how they felt about the physical activity. Interviews will also be carried out with some clinicians at the two hospitals to find out how they felt about the physical activity intervention.

### What are the possible benefits and risks of participating?

No benefits and risks provided at registration.

### Where is the study run from?

The University of Bristol, UK.

When is the study starting and how long is it expected to run for?  
July 2025 to January 2027

Who is funding the study?  
NIHR Bristol Biomedical Research Centre, UK

Who is the main contact?  
Dr Nour Alhusein, [nour.alhusein@bristol.ac.uk](mailto:nour.alhusein@bristol.ac.uk)

## Contact information

### Type(s)

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## Additional identifiers

Clinical Trials Information System (CTIS)

Nil known

**Integrated Research Application System (IRAS)**

355170

**ClinicalTrials.gov (NCT)**

Nil known

**Protocol serial number**

2025-858, NIHR203315

## Study information

**Scientific Title**

Physical activity for health in South Asian men with prostate cancer: a feasibility study

**Acronym**

Pro-SAPA

**Study objectives**

The primary research aim is to establish if a physical activity intervention for men of South Asian heritage with prostate cancer is acceptable and feasible for a larger-scale RCT.

**Ethics approval required**

Ethics approval required

**Ethics approval(s)**

approved 04/07/2025, West Midlands - Black Country Research Ethics Committee (2 Redman Place, Stratford/London, E20 1JQ, United Kingdom; +44 (0)207 104 8010, 207 104 8210, 2071048135; blackcountry.rec@hra.nhs.uk), ref: 25/WM/0113

**Study design**

Multicentre single-arm open-label feasibility trial

**Primary study design**

Interventional

**Study type(s)**

Prevention

**Health condition(s) or problem(s) studied**

Physical activity in South Asian men with prostate cancer

**Interventions**

This research aims to investigate a physical activity intervention of brisk walking in men of South Asian heritage who have been diagnosed with prostate cancer. The study will look at the acceptability of the brisk walking intervention (30 minutes a day, on 5 days a week) across two hospitals, and the feasibility of later conducting a larger clinical trial to look at whether the brisk walking intervention improves health. Men will be asked to complete the brisk walking intervention for three months and will receive support to motivate them to do so. They will

complete questionnaires and logs to record their step count for 1 week when they join the study, and after 6 weeks, 3 months and four months. Information will also be collected from their medical records and through focus groups to find out how they felt about the physical activity. Interviews will also be carried out with some clinicians at the two hospitals to find out how they felt about the physical activity intervention. The main aims of the study are to see whether men are willing to join the study, and whether they stick to doing the physical activity. Overall, the study will help determine if the intervention shows potential promise and if a larger study is worthwhile.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

The feasibility of recruiting men of South Asian heritage with prostate cancer to a physical activity intervention and adherence to the intervention will be measured using questionnaires and logs to record their step counts for 1 week when they join the study, and after 6 weeks, 3 months and four months

## **Key secondary outcome(s)**

1. Implementation fidelity: The extent to which participants complete the brisk walking intervention as prescribed (30 minutes/day, 5 days/week for 3 months).
2. Retention rate: Proportion of participants who remain in the study for the full duration of the intervention.
3. Feasibility of physical activity data collection: Completeness and usability of step count data recorded via pedometers/accelerometers and participant logs at baseline, 6 weeks, 3 months, and 4 months.
4. Feasibility of clinical and self-reported data collection: Completeness of participant-reported outcomes (e.g. symptoms, quality of life) and clinical data (e.g. PSA levels) from questionnaires and medical records.
5. Acceptability of the intervention: Participant and clinician feedback on the walking programme, gathered through focus groups and interviews.
6. Acceptability of trial procedures: Participant feedback on study processes, including reasons for declining participation.
7. Informing future trial design: Use of physical activity and outcome data to guide the development of a larger clinical trial.

## **Completion date**

31/01/2027

## **Eligibility**

### **Key inclusion criteria**

Participants may enter the study if ALL of the following apply:

1. Adult men ( $\geq 18$  years)
2. Previously diagnosed or newly diagnosed with localised or locally advanced prostate cancer
3. South Asian heritage
4. Capacity to give informed consent

### **Participant type(s)**

Patient, Health professional

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

Male

**Key exclusion criteria**

Participants may not enter the study if ANY of the following apply:

1. Inability to give informed consent
2. Identified as unsuitable to participate by their clinician, e.g. due to co-morbidities, treatment being received, or any other contraindications to exercise
3. Use of a mobility aid other than a walking stick, which would prevent them from carrying out the brisk walking intervention
4. Inability to give informed consent

**Date of first enrolment**

08/10/2025

**Date of final enrolment**

02/10/2026

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Bradford Teaching Hospitals NHS Foundation Trust**

Bradford Royal Infirmary

Duckworth Lane

Bradford

BD9 6RJ

Bradford

United Kingdom

BD9 6RJ

**Study participating centre**

**North Bristol NHS Trust**

Southmead Hospital, Southmead Rd, Bristol BS10 5NB

Bristol  
United Kingdom  
BS10 5NB

## Sponsor information

### Organisation

University of Bristol

### ROR

<https://ror.org/0524sp257>

## Funder(s)

### Funder type

Research organisation

### Funder Name

NIHR Bristol Biomedical Research Centre

### Alternative Name(s)

NIHR Biomedical Research Centre Bristol, National Institute for Health Research Bristol Biomedical Research Centre, NIHR Bristol BRC, Bristol BRC, Bristol Biomedical Research Centre

### Funding Body Type

Private sector organisation

### Funding Body Subtype

Research institutes and centers

### Location

United Kingdom

## Results and Publications

### Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study will be stored in the University of Bristol Research Data Repository with restricted access data.bris (<https://data.bris.ac.uk/data/>)

### IPD sharing plan summary

Stored in publicly available repository

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes