

Improving teenage self-management of asthma

Submission date 22/07/2015	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 23/07/2015	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 20/05/2021	Condition category Respiratory	<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Public

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Additional identifiers

Protocol serial number
19303

Study information

Scientific Title
Improving teenage self-management of asthma: randomised controlled trial

Acronym
ITSMYasthma RCT

Study objectives

The aim of this study is to assess the effectiveness of a teenage asthma toolkit, designed to support healthcare professionals to empower teenagers to self manage their asthma.

Ethics approval required

Old ethics approval format

Ethics approval(s)

15/NW/0551

Study design

Randomised; Interventional; Design type: Screening, Treatment

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Topic: Children, Respiratory disorders; Subtopic: All Diagnoses, Respiratory (all Subtopics);
Disease: Respiratory, All Diseases

Interventions

Clinic – HCPs (doctors and nurses) will use the self-efficacy questionnaire to identify where participants need additional support to improve their asthma self-management skills. The needs of individual patients will then be used to identify specific behavioural interventions. These interventions will be applied in clinic.

Intervention Type

Behavioural

Primary outcome(s)

The primary outcome measure will be the asthma control test

Key secondary outcome(s))

N/A

Completion date

30/09/2017

Eligibility**Key inclusion criteria**

1. Aged 12-18 years
2. Able to consent to participation in the study
3. Doctor diagnosed asthma
4. Prescription of a regular prophylactic medication for asthma (eg inhaled corticosteroid, montelukast)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

12 years

Upper age limit

18 years

Sex

All

Key exclusion criteria

1. Lack of informed consent from them or their parent
2. Very poorly controlled asthma that, in the view of their paediatrician, requires a step up in preventer therapy
3. Significant other long term medical condition that has a day to day impact on their lives (should not usually include con-existing atopic diseases)

Date of first enrolment

15/07/2015

Date of final enrolment

31/05/2016

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

Southampton General Hospital

Mailpoint 803

Southampton University Hospital NHS Trust

Tremona Road

Southampton

United Kingdom

SO16 6YD

Sponsor information

Organisation

Southampton University Hospitals NHS Trust & University of Southampton

ROR

<https://ror.org/0485axj58>

Funder(s)

Funder type

Charity

Funder Name

Asthma UK

Alternative Name(s)

asthmalunguk, Asthma UK, Asthma + Lung UK

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

IPD sharing plan summary

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Abstract results			20/05/2021	No	No
HRA research summary			28/06/2023	No	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes