

# Improving teenage self-management of asthma

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

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
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

### Secondary study design

Randomised controlled trial

### Study setting(s)

Other

### 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

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 measure

The primary outcome measure will be the asthma control test

**Secondary outcome measures**

N/A

**Overall study start date**

15/07/2015

**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

**Age group**

Child

**Lower age limit**

12 Years

**Upper age limit**

18 Years

**Sex**

Both

**Target number of participants**

Planned Sample Size: 350; UK Sample Size: 350

**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**

England

United Kingdom

**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

**Sponsor details**

University Geriatric Medicine

Level E Centre Block (807)

Tremona Road

Southampton

England

United Kingdom

SO16 6YD

**Sponsor type**

Hospital/treatment centre

**ROR**

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

**Funder(s)****Funder type**

Charity

**Funder Name**

Asthma UK

**Alternative Name(s)**

Asthma UK, Asthma + Lung UK

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Other non-profit organizations

**Location**

United Kingdom

## 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="#">Abstract results</a>			20/05/2021	No	No
<a href="#">HRA research summary</a>			28/06/2023	No	No