ISRCTN51870347 https://doi.org/10.1186/ISRCTN51870347

Improving the outcomes of NHS Health Checks in Southwark

Submission date
25/07/2014

Recruitment status
No longer recruiting

Registration date
15/09/2014

Overall study status
Completed

Last Edited
29/05/2020

Condition category
Nutritional, Metabolic, Endocrine

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol

Background and study aims
The aim of this study is to find out whether text messages improve engagement with a programme to prevent diabetes in Southwark. Text messages are used to give out periodic reminders, feedback on physical activity, motivational messages, and comparisons with others on the programme. The aim of these messages is to increase motivation and improve people's health. The messages are delivered by the automated IT system called Refer-All, which is already in place in Southwark (as well as other Local Authorities). There are no other differences in patient care.

Who can participate?
Participants are those patients engaged with the Walking Away from Diabetes (WAFD) service in Southwark Borough in London who have regular access to a mobile phone.

What does the study involve?
Participants are randomly allocated to the intervention or the control group. Our intervention concentrates on the Walking Away from Diabetes (WAFD) programme. This is a 12-week course that starts with a three-hour workshop that explains the benefits of physical activity and eating properly. Participants are all given a pedometer at the end of this workshop and told to record the number of steps they walk each day. They are sent text messages about physical activity and reminders. After 12 weeks participants are called in to re-check their risk of diabetes. Information on number of steps walked are gathered by a data link between participants pedometers and the IT system that issues the text messages. The control group receives usual care and does not receive any text messages.

What are the possible benefits and risks of participating?
The benefits of taking part are limited to the support provided by the SMS text messages during the 12-week programme. These include motivational, reminder and feedback information. These are designed to help participants stay motivated and engaged in sufficient physical activity and dietary changes to help reduce their risk of diabetes.

Where is the study run from?
Participants are recruited from 'Walking Away from Diabetes' session in Southwark, UK.

When is the study starting and how long is it expected to run for?
July 2014 to January 2015

Who is funding the study?
Public Health England (UK)

Who is the main contact?
Dr Tim Chadborn

Contact information

Type(s)
Scientific

Contact name
Dr Tim Chadborn

Contact details
Skipton House
80 London Road
London
United Kingdom
SE1 6LH

Additional identifiers

Protocol serial number
Public Health England R&D Ref:R&D 185 REC Ref 14/SC/1027

Study information

Scientific Title
Improving the outcomes of NHS Health Checks in Southwark: a randomised controlled trial

Study objectives
That SMS text messages that provide feedback on activity, general motivation, and reminders of a re-test will reduce participants' risk of diabetes (measured by HbA1C score). A secondary hypothesis is that the group receiving the messages will have a higher average steps per day, and a higher usage rate.

Ethics approval required
Old ethics approval format

Ethics approval(s)
NRES Committee South Central- Berkshire B, 29/05/2014, ref. 14/SC/1027

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Prediabetes risk

Interventions
This is a two arm trial: intervention and control:
1. The intervention group will receive SMS text messages that contain feedback on their performance relative to others in the programme, generic motivational messages, and reminders that they will have their risk re-assessed at the end of the 12 weeks. These messages will be received during the 12-week course. Participants will not receive more than six messages per week.
2. The control group will not receive these text messages - they will receive usual care.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Difference in HbA1c levels after the 12-week course

Key secondary outcome(s))
1. Average steps walked per day
2. Usage rates of pedometer, measured by number of days have a greater than 50 step rating.

Completion date
01/01/2015

Eligibility

Key inclusion criteria
1. Patients who are recommended to attend a 'Walking Away from Diabetes' session in Southwark. This recommendation may occur for a number of reasons and is at the discretion of clinicians and the public health team at Southwark Local Council
2. Completed full consent to participate in the trial
3. Over 35 and of both genders

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group

Adult

Sex
All

Key exclusion criteria
Participants who do not have regular access to a mobile telephone are excluded as they would not be able to receive the text messages.

Date of first enrolment
26/07/2014

Date of final enrolment
01/01/2015

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Skipton House
London
United Kingdom
SE1 6LH

Sponsor information

Organisation
Public Health England (UK)

Funder(s)

Funder type
Government

Funder Name
Public Health England (UK)

Alternative Name(s)

PHE

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
United Kingdom

Results and Publications

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?
HRA research summary			28/06/2023	No	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes