

# Enhancing self-regulation skills in teenagers with severe asthma through a nurse-led intervention: a randomised controlled trial

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		<input type="checkbox"/> Protocol
<b>Registration date</b> 23/01/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 16/03/2016	<b>Condition category</b> Respiratory	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

### Protocol serial number

N/A

## Study information

Scientific Title

Enhancing self-regulation skills in teenagers with severe asthma through a nurse-led intervention: a randomised controlled trial

**Study objectives**

Asthma is prevalent amongst teenagers and often causes significant morbidity. In a small number with severe asthma, who often have many psycho-social risk factors, there is high health care utilisation reflected particularly in frequent hospital admissions. Such teenagers present a challenge because they often do not respond to conventional medical approaches. A randomised controlled trial of the impact of a small group educational intervention, led by a nurse-educator, designed to promote asthma self-regulatory skills in teenagers will be undertaken.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Other

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

Asthma

**Interventions**

The group work will be based on a specially developed asthma workbook and will focus on the key skills of asthma prevention and attack management, and social skill training in areas important to asthma management in teenagers.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

The success of the programme will be judged by its ability to reduce subsequent health care utilisation. If successful, such an approach could have considerable impact on a high risk group and would be easily adaptable for general introduction.

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

01/09/2002

# Eligibility

## Key inclusion criteria

Teenagers with severe asthma, defined as at least one acute hospital admission within the last year.

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Child

## Sex

All

## Key exclusion criteria

Does not match inclusion criteria

## Date of first enrolment

01/10/1999

## Date of final enrolment

01/09/2002

# Locations

## Countries of recruitment

United Kingdom

Scotland

## Study participating centre

Department of Child Health

Glasgow

United Kingdom

G3 8SJ

# Sponsor information

## Organisation

## **Funder(s)**

### **Funder type**

Government

### **Funder Name**

NHS Asthma National Research and Development Programme (UK)

## **Results and Publications**

### **Individual participant data (IPD) sharing plan**

### **IPD sharing plan summary**

Not provided at time of registration