

# Exploring the ability of lay workers to support heart-health related behaviour change in deprived areas through Heart of Mersey

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| <b>Submission date</b><br>29/01/2007   | <b>Recruitment status</b><br>No longer recruiting | <input type="checkbox"/> Prospectively registered<br><input type="checkbox"/> Protocol                       |
| <b>Registration date</b><br>11/05/2007 | <b>Overall study status</b><br>Completed          | <input type="checkbox"/> Statistical analysis plan<br><input type="checkbox"/> Results                       |
| <b>Last Edited</b><br>28/02/2018       | <b>Condition category</b><br>Circulatory System   | <input type="checkbox"/> Individual participant data<br><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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### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

## Secondary identifying numbers

G0501280

# Study information

### Scientific Title

Exploring the ability of lay workers to support heart-health related behaviour change in deprived areas through Heart of Mersey

### Acronym

LhtIST (Lay health trainer Intervention Study)

### Study objectives

To examine the feasibility of a Randomised Controlled Trial (RCT) to assess lay health worker intervention to reduce Coronary Heart Disease (CHD) risk using lifestyle/behaviour change.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Ethics approval MREC ref: 07/H1002/65

### Study design

Feasibility study for a two-group randomised controlled trial

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Not specified

### Study type(s)

Prevention

### Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

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

Cardiovascular disease

### Interventions

Lay worker support delivered in the home and links to existing community initiatives to promote heart-health diet, physical activity, sensible drinking and smoking cessation.

### Intervention Type

Behavioural

**Primary outcome measure**

A feasibility study for a RCT, to examine recruitment strategies, outcome measures, and delivery methods of the intervention. Aim of the main trial will be to reduce CHD risk factors.

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

18/09/2006

**Completion date**

17/09/2008

**Eligibility****Key inclusion criteria**

18+ years old with one or more diagnoses of:

1. Hypertension
2. Raised total cholesterol
3. Diabetes
4. Obesity
5. Smoker

**Participant type(s)**

Patient

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

Both

**Target number of participants**

100 for this feasibility study

**Key exclusion criteria**

1. Established CHD
2. Non consenting
3. On current diet conflicting with heart-health dietary guidelines
4. Homeless/hostel/residential/nursing home residents
5. Life-expectancy <2 years
6. Physical/mental health reasons

**Date of first enrolment**

18/09/2006

**Date of final enrolment**

17/09/2008

## Locations

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**University of Manchester**

Manchester

United Kingdom

M13 9PT

## Sponsor information

**Organisation**

University of Manchester (UK)

**Sponsor details**

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**Sponsor type**

University/education

**ROR**

<https://ror.org/027m9bs27>

## Funder(s)

**Funder type**

Government

**Funder Name**

The Medical Research Council (MRC): The National Prevention Research Initiative (NPRI) (UK)

## **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