

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

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

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

Study type(s)

Prevention

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(s)

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.

Key secondary outcome(s)

Not provided at time of registration

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

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

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

United Kingdom

England

Study participating centre

University of Manchester

Manchester

United Kingdom

M13 9PT

Sponsor information

Organisation

University of Manchester (UK)

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

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?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes