

# Adolescent Asthma Action programme in Jordanian high schools

<b>Submission date</b> 11/10/2009	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 03/11/2009	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 15/02/2012	<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)**  
Scientific

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Faculty of Nursing, Midwifery and Health  
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2007

## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
Evaluation of a school-based, peer-led asthma education programme on quality of life, asthma-related knowledge and self-efficacy to resist smoking among adolescents with asthma in high schools in Jordan

**Acronym**

Triple A in Jordan (TAJ programme)

### **Study objectives**

A school-based, peer-led asthma education program (TAJ) improves quality of life, asthma-related knowledge and self-efficacy to resist smoking among adolescents with asthma attending high schools in Jordan.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

1. Human Research Ethics Committee, the University of Technology, Sydney, Australia, approved on 23/08/2006 (ref: 2006-214A)
2. Ministry of Education, Irbid, Jordan, approved on 11/07/2006 (ref: 35794/10/3)

### **Study design**

Cluster-randomised (at the school level) controlled trial

### **Primary study design**

Interventional

### **Study type(s)**

Treatment

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

Asthma, wheezing

### **Interventions**

This is a cluster-randomised (at the school level), controlled trial. Four schools were randomly selected from the list of all eligible schools in the Irbid region, stratified by gender.

The intervention is an adaptation and implementation of the Triple A programme (TAJ), which was developed by Shah in 1993 in Australia. Triple A is a peer-led education programme that involves senior students educating younger peers about asthma and smoking through a three-step implementation process in high schools (description of the TAJ programme in: <http://www.ncbi.nlm.nih.gov/pubmed/9436069>). Students in the intervention schools received the modified Triple A programme, and students in the control schools did not receive any intervention but continued their usual routine.

261 students were recruited but 241 completed the trial.

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome(s)**

Asthma-related quality of life, assessed by the Paediatric Asthma Quality of Life Questionnaire (PAQLQ)

All primary and secondary outcomes were assessed at baseline (December 2006) and at post-intervention (April 2007).

### **Key secondary outcome(s)**

1. Asthma knowledge of self-management, assessed by the Consumer Asthma Knowledge Questionnaire (CQ)
2. Self-efficacy to resist smoking, assessed by the Self-Administered Nicotine-Dependence Self-Efficacy Sub-Scale (SANDSES)

All primary and secondary outcomes were assessed at baseline (December 2006) and at post-intervention (April 2007).

All three questionnaires used in this trial were self-administered and were in validated Arabic versions.

### **Completion date**

01/05/2007

## **Eligibility**

### **Key inclusion criteria**

1. Both males and females, in year 8, 9, or 10 at school
2. Recent wheezing in the last 12 months as detected by the Core Questionnaire for Wheezing and Asthma (CQWA). This questionnaire is an Arabic version of the International Studies of Asthma and Allergies in Childhood (ISAAC) Written Questionnaire.
3. Physically and cognitively capable of completing the survey
4. Able to read and converse in both Arabic and English
5. Attending regular school classes
6. Free of any other major diseases that could affect quality of life measures
7. Not involved in another concurrent health-related study

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Other

### **Sex**

All

### **Key exclusion criteria**

1. Students who were not regularly attending years 8, 9, and 10
2. Students who did not experience wheezing in the last 12 months
3. Students who had other chronic conditions

### **Date of first enrolment**

10/11/2006

**Date of final enrolment**

01/05/2007

## Locations

**Countries of recruitment**

Australia

Jordan

**Study participating centre**

Faculty of Nursing, Midwifery and Health

Sydney

Australia

2007

## Sponsor information

**Organisation**

Westmead Hospital (Australia)

**ROR**

<https://ror.org/04gp5yv64>

## Funder(s)

**Funder type**

Hospital/treatment centre

**Funder Name**

Westmead Hospital, Primary Health Care Education and Research Unit (Australia)

## 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?
<a href="#">Results article</a>	results	01/01/2012		Yes	No