# Individual Risk Awareness Intervention in Stroke

Submission date	Recruitment status	Prospectively registered
05/08/2010	No longer recruiting	Protocol
Registration date	Overall study status	Statistical analysis plan
13/10/2010	Completed	Results
Last Edited	Condition category	[] Individual participant data
30/09/2016	Circulatory System	Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

# Contact information

## Type(s)

Scientific

#### Contact name

Miss Julia Slark

#### Contact details

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# Additional identifiers

Protocol serial number SLAJ2002

# Study information

#### Scientific Title

To improve adherence to secondary prevention strategies in a high risk stroke population: a randomised controlled trial

#### Acronym

#### **Study objectives**

Improving patients perception of their risk of secondary stroke and heart disease at the time of their first event may improve the likelihood of adherence to secondary prevention strategies such as medication taking and lifestyle modification.

#### Ethics approval required

Old ethics approval format

## Ethics approval(s)

East London Research Ethics Committee, 09/04/2010

## Study design

Randomised controlled trial

#### Primary study design

Interventional

## Study type(s)

Prevention

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

Stroke

#### **Interventions**

Total participation in the trial for both arms is 3 months or until they have been seen in follow-up once. Both arms will complete a questionnaire collecting demographic information, physiological factors and questions relating to awareness of risk and personal stroke knowledge. The intervention arm receives a 1:1 session for approximately 20 minutes which includes a personalised risk score % for secondary stroke. The control arm receives usual routine practice which involves a 1:1 session with a clinical nurse specialist providing information on stroke.

### Intervention Type

Other

#### Phase

Not Applicable

# Primary outcome(s)

- 1. Another stroke event in 3 months
- 2. Evidence of adherence to secondary prevention lifestyle modifications at 3 month follow-up through patient self reporting and physiological testing in the intervention arm compared to the control arm of the randomised controlled trial

# Key secondary outcome(s))

Risk score reduction through lifestyle modification at 3 month follow-up

# Completion date

01/06/2010

# **Eligibility**

#### Key inclusion criteria

- 1. Diagnosis of any stroke
- 2. Aged 18+ years, either sex
- 3. Cognitively intact in order to understand future consequences of actions to reduce risk
- 4. Discharge Stroke Scale score of up to and over 40

### Participant type(s)

Patient

## Healthy volunteers allowed

No

### Age group

Adult

#### Lower age limit

18 years

#### Sex

All

#### Key exclusion criteria

Patients unlikely to survive or be able to attend for the 3 month follow-up consultation

#### Date of first enrolment

01/05/2010

#### Date of final enrolment

01/06/2010

# Locations

#### Countries of recruitment

**United Kingdom** 

England

# Study participating centre Charing Cross Hospital

London United Kingdom W6 8RF

# Sponsor information

## Organisation

Imperial College London (UK)

#### **ROR**

https://ror.org/041kmwe10

# Funder(s)

## Funder type

Hospital/treatment centre

#### **Funder Name**

Imperial College Healthcare NHS Trust (UK) - Hammersmith Hospitals Trustees Research Committee Award

# **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 11/11/2025 11/11/2025 No

Participant information sheet Yes