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# A randomised controlled trial of goal setting and pacing for cardiac patients not suitable for group-based cardiac rehabilitation

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|---|---|---|
| **Submission date**<br>23/01/2004 | **Recruitment status**<br>No longer recruiting | [_] Prospectively registered<br>[_] Protocol<br>[_] Statistical analysis plan<br>[_] Results<br>[_] Individual participant data<br>[_] Record updated in last year |
| **Registration date**<br>23/01/2004 | **Overall study status**<br>Completed | |
| **Last Edited**<br>16/06/2014 | **Condition category**<br>Circulatory System | |

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**
RRCC860F WATHALL

# Study information

### Scientific Title

### Study objectives
Not provided at time of registration

### 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

### Secondary study design
Randomised controlled trial

### Study setting(s)
Not specified

### Study type(s)
Not Specified

### 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 diseases: Heart disease

### Interventions
1. Goal-setting and pacing
2. Standard care
3. Attention control procedure

### Intervention Type
Other

### Phase
Not Applicable

### Primary outcome measure
The primary outcome will be an increase in fitness measured in (METS) using a standardised exercise test. The patients will also keep an activity diary. Other variables to be measured will

include anxiety and depression (Hospital Anxiety and Depression Scale), health beliefs (Illness Perception Questionnaire), this questionnaire has been shown to predict a number of aspects of recovery in post-MI patients, medical co-morbidity, the number of acute events (including hospital admissions), the number of consultations for cardiac reasons, risk factor profile, a cumulative secondary prevention score (using the method of the ASPIRE group), systolic and diastolic blood pressure at rest and following exercise and the EuroQU0L, a measure of health-related quality of life. All of these measures have been validated for use in this patient group and will be piloted during Phase 1 for suitability when other measures may be added.

### Secondary outcome measures
Not provided at time of registration

### Overall study start date
08/01/2000

### Completion date
03/01/2003

## Eligibility

### Key inclusion criteria
Coronary care patients

### Participant type(s)
Patient

### Age group
Not Specified

### Sex
Not Specified

### Target number of participants
Not provided at time of registration

### Key exclusion criteria
Patients who would normally be offered rehabilitation classes

### Date of first enrolment
08/01/2000

### Date of final enrolment
03/01/2003

## Locations

### Countries of recruitment
England

United Kingdom

**Study participating centre**
**94 Huntington Road**
York
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YO31 8RP

# Sponsor information

**Organisation**
NHS R&D Regional Programme Register - Department of Health (UK)

**Sponsor details**
The Department of Health
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**Sponsor type**
Government

**Website**
http://www.doh.gov.uk

# Funder(s)

**Funder type**
Government

**Funder Name**
NHS Executive Northern and Yorkshire (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