# A health promotion intervention to promote healthy living in patients aged 65 and over on discharge from hospital

Submission date	Recruitment status No longer recruiting	<ul><li>Prospectively registered</li></ul>		
30/09/2004		☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
30/09/2004	Completed	[X] Results		
Last Edited	Condition category	[] Individual participant data		
22/09/2009	Other			

#### Plain English summary of protocol

Not provided at time of registration

#### Contact information

#### Type(s)

Scientific

#### Contact name

Ms Kate Kelley

#### Contact details

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#### Additional identifiers

Protocol serial number N0283122689

# Study information

Scientific Title

#### **Study objectives**

To design an effective health promotion intervention for people aged 65 and over, which can be easily used by health care professionals as a tool to initiate health promotion advice and encourage health behaviour changes. The focus for behaviour change in this study was increasing healthy eating and activity levels in the intervention group.

#### 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

#### Study type(s)

Other

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

Healthy living promotion

#### **Interventions**

Randomised controlled trial:

- 1. Health promotion intervention in leaflet form
- 2. Patient satisfaction questionnaire

#### Intervention Type

Other

#### Phase

**Not Specified** 

#### Primary outcome(s)

Self-reported behaviour and cognition changes on healthy eating and levels of activity.

#### Key secondary outcome(s))

- 1. Health survey (SF-12)
- 2. General Health Questionnaire (GHQ-12)
- 3. Quality of life (EuroQol)

#### Completion date

31/01/2004

# Eligibility

#### Key inclusion criteria

Patients aged 65 and over

#### Participant type(s)

**Patient** 

#### Healthy volunteers allowed

No

#### Age group

Senior

#### Sex

All

#### Key exclusion criteria

Does not match inclusion criteria

#### Date of first enrolment

01/01/2003

#### Date of final enrolment

31/01/2004

#### Locations

#### Countries of recruitment

**United Kingdom** 

England

# Study participating centre Worthing & Southlands Hospitals NHS Trust

Worthing United Kingdom BN11 2DH

## Sponsor information

#### Organisation

Department of Health

# Funder(s)

#### Funder type

Government

#### **Funder Name**

Sussex NHS Research Consortium (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?
Results article	results	01/08/2004		Yes	No