

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

<b>Submission date</b> 30/09/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 30/09/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 22/09/2009	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## 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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

### Secondary study design

Randomised controlled trial

### Study setting(s)

Hospital

### Study type(s)

Other

## Participant information sheet

### 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 measure**

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

**Secondary outcome measures**

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

**Overall study start date**

01/01/2003

**Completion date**

31/01/2004

## Eligibility

**Key inclusion criteria**

Patients aged 65 and over

**Participant type(s)**

Patient

**Age group**

Senior

**Sex**

Both

**Target number of participants**

334 (final recruitment: 252)

**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**

England

United Kingdom

**Study participating centre**

**Worthing & Southlands Hospitals NHS Trust**  
Worthing  
United Kingdom  
BN11 2DH

## **Sponsor information**

### **Organisation**

Department of Health

### **Sponsor details**

Richmond House  
79 Whitehall  
London  
United Kingdom  
SW1A 2NL

### **Sponsor type**

Government

### **Website**

<http://www.dh.gov.uk/Home/fs/en>

## **Funder(s)**

### **Funder type**

Government

### **Funder Name**

Sussex NHS Research Consortium (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

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/08/2004		Yes	No