

# A randomised controlled trial of the efficacy and cost-effectiveness of a very brief intervention to increase physical activity when delivered in a primary care setting

<b>Submission date</b> 17/07/2014	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 17/07/2014	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 01/07/2020	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Not doing enough physical activity is the 4th leading cause of preventable vascular diseases such as diabetes and heart disease and in the UK it represents a direct and indirect cost to society of £8.2 billion. GP and nurse/healthcare assistant consultations have been identified as the most effective place to give physical activity advice but time and resources are a limiting factor. There is therefore a need to develop interventions that are brief but effective at promoting an increase in physical activity. We have developed and tested several promising very brief interventions (VBI) lasting about 5 minutes and this trial will test the best of these during routine NHS Health Checks. We want to see whether a short intervention will encourage people to be a little more active.

### Who can participate?

Participants are able to take part in the study if they are between 40 and 74 years old, have not already been diagnosed with any vascular disease, their GP surgery is taking part and they have received a study invitation.

### What does the study involve?

During the NHS Health Check participants will be randomly allocated to receive either the NHS Health Check on its own or to receive the Health Check with the very brief intervention (VBI). The VBI includes a discussion on the physical activity recommendations and how the patient might increase their physical activity by encouraging the use of a pedometer to count steps and to set a plan for making small increases. All participants will complete a short questionnaire and participants receiving the VBI will be encouraged to take the material home. Three months following the Health Check all participants will be asked to wear an accelerometer (a small device that detects and measures movement) for 1 week and complete two questionnaires. We also wish to obtain the 10-year vascular risk score of all participants. This information along with the rest of the information collected will help us understand why some people increase their physical activity more than others.

What are the possible benefits and risks of taking part?

The NHS Health Checks measure the 10-year risk of developing vascular disease and so taking part can improve a participants health. There are no major risks to taking part in the trial. The VBI has been designed to encourage an increase in activities such as brisk walking, swimming and cycling which carry only a small risk of harm.

Where is the study run from?

The participants are recruited from 23 surgeries in the East of England.

When is the study starting and how long is it expected to run from?

It is expected that recruitment will start in the summer of 2014 and complete at the end of 2015. A participants total length of involvement will be about 3 1/2 months.

Who is funding the study?

National Institute for Health Research (NIHR) (UK).

Who is the main contact?

Chief Investigator: Professor Stephen Sutton, srs34@medschl.cam.ac.uk

Trial Coordinator: Ms Jo Mitchell, jm294@medschl.cam.ac.uk

## Contact information

### Type(s)

Scientific

### Contact name

Ms Joanna Mitchell

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## Additional identifiers

### Protocol serial number

16952

## Study information

### Scientific Title

A randomised controlled trial of the efficacy and cost-effectiveness of a very brief intervention to increase physical activity when delivered in a primary care setting

### Acronym

VBI

### **Study objectives**

Do patients increase their levels of Physical Activity (PA) in the short term as a result of receiving a Very Brief Intervention (VBI) to promote PA during a routine NHS Health Check?

### **Ethics approval required**

Old ethics approval format

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

Cambridgeshire Research Ethics Committee, 14/EE/1004

### **Study design**

Randomised; Interventional; Design type: Prevention

### **Primary study design**

Interventional

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

Prevention

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

Topic: Primary Care; Subtopic: Not Assigned; Disease: All Diseases

### **Interventions**

The NHS Health Check is an assessment of a patients' 10-year risk of developing vascular disease. The treatment group will have this assessment as well as the VBI. The VBI includes a discussion on the physical activity recommendations and how the patient might increase their physical activity by encouraging the use of a pedometer to count steps and to set a plan for making small increases. The VBI lasts a maximum of 5 minutes and is given at the end of the NHS Health Check. All participants are sent an accelerometer and questionnaires months following the Health Check.

Step It Up: The Pedometer Intervention will be delivered at the end of the Health Check and consists of the following three components:

Face-to-face discussion in which the practitioner:

1. Gives the patient feedback on their current activity
2. Gives information about the current physical activity recommendations (30 minutes of moderate-intensity activity on 5 or more days a week OR 10,000 steps per day)
3. Shows the patient how to wear/use the pedometer and encourages them to use it to monitor t;

### **Intervention Type**

Other

### **Phase**

Not Applicable

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

Physical activity at 3-month follow-up, as measured by accelerometer counts p

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

Not provided at time of registration

**Completion date**

31/12/2015

## Eligibility

**Key inclusion criteria**

Participants will be adults aged 40-74 who are eligible to be invited for a NHS Health Check and who are able to give consent for participation in the trial.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Total final enrolment**

1007

**Key exclusion criteria**

The GP practice will exclude patients they consider unsuitable for the trial (i.e., any patient where receiving an invitation will cause unnecessary stress due to mental health issues or a diagnosis of terminal illness for example)

**Date of first enrolment**

01/08/2014

**Date of final enrolment**

31/12/2015

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

Institute of Public Health  
Cambridge  
United Kingdom  
CB2 2SR

## Sponsor information

### Organisation

University of Cambridge (UK)

### ROR

<https://ror.org/013meh722>

## Funder(s)

### Funder type

Government

### Funder Name

NIHR Programme Grants for Applied Research (UK); Grant Codes: RP-PG-0608-10079

## 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	23/05/2016		Yes	No
<a href="#">Results article</a>	results	06/03/2020	01/07/2020	Yes	No
<a href="#">HRA research summary</a>			26/07/2023	No	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes