

INTERACT Trial

Submission date 30/04/2013	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 04/07/2013	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 30/07/2015	Condition category Circulatory System	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

Two facts regarding cardiovascular diseases are well established. First, that lowering blood pressure and cholesterol can reduce the risk of heart attacks and strokes to a great extent. Second, about half of all patients prescribed medication discontinue them after about 2 years. This leads to many thousands of avoidable deaths from cardiovascular disease and a significant economic health burden.

An important research question is how adherence to treatment (continuing with prescribed treatment) can be improved in a simple, acceptable and cost-effective way. This study aims to determine the extent to which text message reminders improve adherence to medication.

Who can participate?

Anyone with a mobile phone who has been prescribed cholesterol-lowering or blood pressure lowering treatment for the prevention of cardiovascular disease.

What does the study involve?

Participants are randomly allocated to receiving a programme of text messages or standard care. Participants allocated to text messages receive these for one year. Adherence to the starting medication is assessed after 6 months and after 18 months, using a questionnaire and measurements of blood pressure and blood cholesterol.

What are the possible benefits and risks of participating?

An improvement in medication adherence.

Where is the study run from?

The Wolfson Institute of Preventive Medicine and local London General Practices.

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

Started in 2012 and lasting until 18 months after the last patient is recruited.

Who is funding the study?

Queen Mary University of London

Who is the main contact?
Dr David Wald
Wolfson Institute of Preventive Medicine, London

Contact information

Type(s)
Scientific

Contact name
Dr David Wald

Contact details
Wolfson Institute of Preventive Medicine
Charterhouse Square
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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
V2

Study information

Scientific Title
INvestigation of TExt message Reminders on Adherence to Cardiac Treatment

Acronym
INTERACT

Study objectives
To determine whether programmed text message reminders improve adherence to cardiovascular disease preventive medication.

Ethics approval required
Old ethics approval format

Ethics approval(s)
East London Research Ethics Committee 1, 28/01/2011, ref: 11/H0703/1

Study design

Randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Other

Study type(s)

Treatment

Participant information sheet

Health condition(s) or problem(s) studied

Cardiovascular disease

Interventions

Text messages for one year or standard care

Intervention Type

Other

Phase

Not Applicable

Primary outcome measure

Self-reported adherence assessed after 6 months and after 18 months

Secondary outcome measures

1. Blood pressure
2. Blood cholesterol
3. Health economic analysis

Overall study start date

01/04/2012

Completion date

01/09/2014

Eligibility

Key inclusion criteria

Any patient prescribed a blood pressure or cholesterol lowering medication and who owns a mobile phone.

Participant type(s)

Patient

Age group

Adult

Sex

Both

Target number of participants

300

Key exclusion criteria

Does not meet inclusion criteria

Date of first enrolment

01/04/2012

Date of final enrolment

01/09/2014

Locations**Countries of recruitment**

England

United Kingdom

Study participating centre

Wolfson Institute of Preventive Medicine

London

United Kingdom

EC1M 6BQ

Sponsor information**Organisation**

Queen Mary University of London (UK)

Sponsor details

Joint R&D Office

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United Kingdom

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gerry.leonard@bartshealth.co.uk

Sponsor type

University/education

Website

<http://www.qmul.ac.uk/>

ROR

<https://ror.org/026zzn846>

Funder(s)

Funder type

Research organisation

Funder Name

Queen Mary Innovation Fund (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?
Results article	results	05/12/2014		Yes	No