

Digital interventions for chronic obstructive pulmonary disease (COPD)

Submission date 26/08/2015	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 27/08/2015	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 19/03/2018	Condition category Respiratory	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

Chronic obstructive pulmonary disease (COPD) is the name used to refer to a number of progressive devastating and debilitating lung diseases, which includes chronic bronchitis, emphysema and chronic obstructive airways disease. People that have COPD typically feel breathless after physical activity, have a persistent cough with phlegm and suffer frequently from chest infections. There is no cure for the condition, but making lifestyle changes (such as stopping smoking) and taking medications (inhalers and/or tablets) can alleviate symptoms. Staying physically active is vital for successful self-management of COPD, although people with COPD often find that they are not as physically active as they were. This research will answer key questions regarding how best to develop and deliver an accessible digital health intervention aimed at motivating people with COPD to increase their level of physical activity, building on our previous experience of developing web-based materials for people with varied levels of literacy, health literacy and computer skills.

Who can participate?

People with COPD from participating GP practices in the Southampton area.

What does the study involve?

This study compares different types of online materials for people with COPD to see which is more helpful. To find this out, participants are randomly allocated into one of two groups. Those in group 1 are given access to an interactive web-based programme. Those in group 2 are given access to standard online written materials. All participants are then assessed in terms of their attitude towards physical activity and whether they will do more, how easy they found using the website, how much they liked using the website and also how much they know about their condition.

What are the possible benefits and risks of participating?

We don't expect the study to involve any risk to participants. They may not like the website, but they will be able to log off or close the browser if that is the case. Potential benefits are that participants may learn new information about COPD and be motivated to improve their self-management.

Where is the study run from?
University of Southampton (UK)

When is the study starting and how long is it expected to run for?
July 2015 to February 2016

Who is funding the study?
National Institute for Health Research (UK)

Who is the main contact?
Dr Ingrid Muller

Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

Protocol serial number
18909

Study information

Scientific Title
Digital interventions to promote physical activity for people with chronic obstructive pulmonary disease (COPD)

Study objectives
Can interactive digital materials enhance people with COPDs engagement and motivation to increase physical activity compared to standard written materials?

Ethics approval required
Old ethics approval format

Ethics approval(s)

Study design

Feasibility randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Chronic obstructive pulmonary disease

Interventions

An interactive digital intervention to promote physical activity will be compared to standard online written materials.

Intervention Type

Other

Primary outcome(s)

Attitudes and intentions to physical activity; Timepoint(s): immediately post-intervention

Key secondary outcome(s))

1. User engagement
2. Enablement
3. Website satisfaction
4. COPD knowledge

Completion date

01/02/2016

Eligibility**Key inclusion criteria**

Patients with COPD aged 18 years or more, who are able to consent.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Inability to read / speak English
2. Potential difficulties, for instance; severe mental health problems, palliative care, recent bereavement, known opposition to involvement in research or inability to complete research measures

Date of first enrolment

01/10/2015

Date of final enrolment

01/02/2016

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

University of Southampton

University Road

Southampton

United Kingdom

SO17 1BJ

Sponsor information**Organisation**

University of Southampton

ROR

<https://ror.org/01ryk1543>

Funder(s)**Funder type**

Government

Funder Name

National Institute for Health Research

Alternative Name(s)

National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

United Kingdom

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?
HRA research summary			28/06/2023	No	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes