

# Remote peer mentorship in osteoarthritis

<b>Submission date</b> 10/05/2023	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 18/05/2023	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 17/01/2025	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Osteoarthritis is a common joint condition mainly affecting older people. Hip and knee osteoarthritis may cause high levels of pain, social isolation and difficulty with daily activities. Osteoarthritis is more common in people experiencing socioeconomic disadvantage. In this study the researchers are developing and testing a new support programme that will involve trained volunteers with osteoarthritis ('peer mentors') helping other people with osteoarthritis learn how to manage their condition better. The support will be delivered remotely and tailored to people who feel disadvantaged by their finances, education or social circumstances.

### Who can participate?

People over 18 years of age and diagnosed with hip and/or knee osteoarthritis; and experiencing socioeconomic disadvantage

### What does the study involve?

To develop the peer-mentorship intervention, the researchers will carry out focus groups with people with osteoarthritis who are experiencing socioeconomic disadvantage to find out what could affect the success of the peer-mentorship programme when delivered remotely. Through public engagement activities the researchers will develop and finalise the peer-mentorship programme. They will then recruit and train volunteer peer mentors to deliver to study participants the 6-week peer-mentorship programme. The researchers will then evaluate the peer-mentorship programme with study participants to see what they thought of the programme and whether it affected their health behaviours. They will also interview peer mentors to explore their experiences of receiving training, support and delivering the programme.

### What are the possible benefits and risks of participating?

This research is trying to find out whether remote peer mentorship for osteoarthritis is of any benefit to people with hip and/or knee osteoarthritis who are experiencing socioeconomic disadvantage. This study involves receiving weekly support sessions from a trained volunteer (peer mentor) to support the self-management of osteoarthritis. Receiving this type of support may help people learn how to manage their symptoms due to osteoarthritis. There are no direct risks to taking part in the study as the intervention is about supporting and educating people living with osteoarthritis to self-manage. Taking part in the study does not involve a change to routine care.

Where is the study run from?

The study is run from the University of Leeds, but open to NHS recruitment within Leeds Community NHS Trust and also Primary Care within Yorkshire & Humberside. Recruitment via social media will be UK-wide.

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

February 2023 to December 2024

Who is funding the study?

1. Nuffield Foundation (UK)

2. Versus Arthritis (UK)

Who is the main contact?

Prof. Gretl McHugh, g.a.mchugh@leeds.ac.uk

## Contact information

### Type(s)

Principal Investigator

### Contact name

Prof Gretl McHugh

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## Additional identifiers

### EudraCT/CTIS number

Nil known

### IRAS number

326583

### ClinicalTrials.gov number

Nil known

### Secondary identifying numbers

OB/FR-000023819, IRAS 326583, CPMS 56341

# Study information

## Scientific Title

Remote osteoarthritis peer-mentorship for socioeconomically underserved people

## Acronym

RaMlgO

## Study objectives

To develop and assess the feasibility and perceived usefulness of a remote osteoarthritis (OA) peer-mentorship intervention for people with hip and knee OA who are experiencing socioeconomic disadvantage

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Approved 02/06/2023, South Birmingham REC (South Birmingham Research Ethics Committee, Equinox House, City Link, Nottingham, NG2 4LA, UK; southbirmingham.rec@hra.nhs.uk), ref: 23 /WM/0108

## Study design

Multi-centre pragmatic mixed-methods feasibility study

## Primary study design

Interventional

## Secondary study design

Non randomised study

## Study setting(s)

Community, Home

## Study type(s)

Other

## Participant information sheet

Not available in web format, please use contact details to request a participant information sheet

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

Self-management of hip and/or knee osteoarthritis

## Interventions

Phase 1: intervention development of an OA peer-mentorship intervention using qualitative research and participatory approaches. The researchers will carry out group discussions with people with osteoarthritis who are experiencing socioeconomic disadvantage to find out what could affect the success of the peer-mentorship programme when delivered remotely. They will then carry out public engagement activities with community groups and people experiencing socioeconomic disadvantage to develop and finalise the programme.

Phase 2: intervention set-up which involves recruiting and training volunteer peer mentors to deliver the OA peer-mentorship intervention. The OA peer-mentorship intervention is supported by self-management education and guidance delivered to the study participants by trained Peer Mentors.

Phase 3: Process evaluation using mixed methods which will investigate the acceptability appropriateness, feasibility, fidelity and adoption of the intervention. The volunteer peer mentors will deliver the programme to 25 participants with hip or knee osteoarthritis. The researchers will collect information about the participants' health/wellbeing via questionnaires at the start of the programme. They will interview the participants immediately after they have completed the programme and again at 6 months. The interviews will explore areas such as what the participants thought of the programme and whether it affected their health behaviours. The researchers will also interview the peer mentors to explore their experiences of receiving training, support and delivering the programme. Finally, they will carry out two Stakeholder Discussion Forums to explore how we could put the mentorship programme into practice.

### **Intervention Type**

Other

### **Primary outcome measure**

Completion of mentorship sessions assessed using completed data summary sheets at 6 weeks (at least 80% of peer mentor/participant matches complete six mentorship sessions)

### **Secondary outcome measures**

1. Demonstration that the osteoarthritis peer-mentorship can be delivered remotely, assessed using completed data summary sheets at 6 weeks
2. Acceptability of the intervention assessed using qualitative interviews post-intervention at 6 weeks and 6 months
3. Feasible solutions for addressing potential barriers to implementation of the intervention in practice, identified using two stakeholder discussion forums at the end of data collection (month 22)

### **Overall study start date**

01/02/2023

### **Completion date**

31/12/2024

## **Eligibility**

### **Key inclusion criteria**

1. Over 18 years of age
2. Diagnosed with hip/knee osteoarthritis by a health professional
3. Consider themselves to be experiencing socioeconomic disadvantage

### **Participant type(s)**

Patient

### **Age group**

Adult

**Lower age limit**

18 Years

**Upper age limit**

95 Years

**Sex**

Both

**Target number of participants**

Phase 1: focus groups - 15 participants; process evaluation: 30 participants (Phase 3)

**Total final enrolment**

52

**Key exclusion criteria**

1. Inflammatory arthritis (including gout and rheumatoid arthritis)
2. Serious health condition that would prevent participation
3. Unable to participate in remote (telephone, video call) peer-mentorship

**Date of first enrolment**

12/06/2023

**Date of final enrolment**

14/05/2024

**Locations****Countries of recruitment**

England

Northern Ireland

Scotland

United Kingdom

Wales

**Study participating centre**

**Leeds Community Healthcare NHS Trust**

Stockdale House

8 Victoria Road

Leeds

United Kingdom

LS6 1PF

# Sponsor information

## Organisation

University of Leeds

## Sponsor details

Secretariat

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+44 (0)113 343 7587

[governance-ethics@leeds.ac.uk](mailto:governance-ethics@leeds.ac.uk)

## Sponsor type

University/education

## Website

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

## ROR

<https://ror.org/024mrx33>

# Funder(s)

## Funder type

Charity

## Funder Name

Nuffield Foundation

## Alternative Name(s)

## Funding Body Type

Private sector organisation

## Funding Body Subtype

Trusts, charities, foundations (both public and private)

## Location

United Kingdom

**Funder Name**

Versus Arthritis

**Alternative Name(s)****Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Other non-profit organizations

**Location**

United Kingdom

## Results and Publications

**Publication and dissemination plan**

Planned publication in a high-impact peer-reviewed journal

The researchers will share their findings with professionals and community stakeholders, including patients, through a written report, lay summary and infographic. This research is important and timely as people experiencing socioeconomic disadvantage are underserved by health services/research and may benefit most from self-management support.

**Intention to publish date**

30/06/2025

**Individual participant data (IPD) sharing plan**

As some of the project data will include in-depth information about participants' experiences and perspectives of receiving peer mentorship, and experiences of peer mentors involved in delivery mentorship (Phase 3), this data will not be made available as this will help ensure that participants' identities remain confidential. The dataset from Phase 1: Focus Groups analysed during the current study will be stored in a publicly available repository: Research Data Leeds Repository (<https://archive.researchdata.leeds.ac.uk>).

The type of data stored: anonymised qualitative data.

The process for requesting access (if non-publicly available): Request access via a link provided in the repository file.

Dates of availability: 01/06/2025

Whether consent from participants was required and obtained: Consent is required and will be obtained.

Comments on data anonymization: Pseudonyms for names have been used; and any identifiable information anonymised.

**IPD sharing plan summary**

Stored in publicly available repository, Not expected to be made available

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
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<a href="#">Protocol file</a>	19/04/2023	17/05/2023	No	No
<a href="#">HRA research summary</a>		20/09/2023	No	No