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Using the theory of planned behaviour to increase chlamydia testing in young people

Submission date
30/06/2014

Recruitment status
No longer recruiting

Registration date
21/07/2014

Overall study status
Completed

Last Edited
10/09/2020

Condition category
Infections and Infestations

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[_] Record updated in last year

Plain English summary of protocol

Background and study aims
Chlamydia is the most common bacterial infection that is transmitted sexually [Sexually Transmitted Infection (STI)] in the UK and is increasing in young people under the age of 25. The infection can be easily identified and treated but, if left untreated, may cause long-term negative health effects. Previous research have shown that mental health problems in young people, such as depression and anxiety, are related to greater risk of performing risky sexual behaviour and contracting STIs. There is a lack of research on the sexual risk behaviour of university students in the UK, even though the majority of university students typically fall into the 18-25 year age group that is at high risk of contracting sexually transmitted diseases, such as chlamydia. This study will find out the effects of receiving either an intervention based on the Theory of Planned Behaviour (TPB), a TPB intervention alongside making an if-then implementation intentions plan, or basic health information about getting tested for chlamydia on chlamydia testing beliefs, intentions and behaviour. The study will also find out the impact of anxiety and depression on the effectiveness of these interventions.

Who can participate?
All students registered with the University of Sheffield volunteers list, aged between 18 and 25

What does the study involve?
Students who decide to take part are asked to complete an online questionnaire at the start of the academic year to assess background information, anxiety, depression, sexual behaviour and testing history. They are then randomly assigned to one of the experimental conditions after which they complete the belief and intention measures. All participants are asked to complete a further brief follow-up questionnaire at the end of the academic year to assess their sexual behaviour and whether they have been tested for chlamydia.

What are the possible benefits and risks to participating?
Getting tested for chlamydia can offer identification and treatment for chlamydia, reducing the risk of short-term and long-term health implications and preventing further spread of the condition. It is hoped that the interventions will increase the uptake of chlamydia testing amongst students. In order to incentivise participation, participants will have the opportunity to be entered into a £50 prize draw after completing each questionnaire. Due to the nature of

these studies, it is expected that some participants may wish to know more about chlamydia or wish to access information regarding where to get tested for chlamydia. Therefore, all participants are provided with information at the end of their participation regarding where to get further information about chlamydia and where to access chlamydia testing. As these studies are also asking participants about their mood, there may be occasions where they have indicated that they are struggling with symptoms of anxiety and/or depression. As a result information is also provided regarding the University Counselling service and advise participants that if they feel they are struggling with symptoms of anxiety and/or depression that they contact their GP for further support.

Where is the study conducted?
The study is conducted online and is managed by researchers at the University of Sheffield (UK)

When is study starting and how long is it expected to run for?
September 2014 to June 2015

Who is funding the study?
University of Sheffield (UK)

Who is the main contact?
Prof. Paul Norman
p.norman@sheffield.ac.uk

Contact information

Type(s)
Scientific

Contact name
Prof Paul Norman

Contact details
Department of Psychology
University of Sheffield
Sheffield
United Kingdom
S10 2TP
-
p.norman@sheffield.ac.uk

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
139696

Study information

Scientific Title
A brief theory-based online intervention to increase uptake of chlamydia testing in university students aged 18-25

Study objectives
The study will compare the effectiveness of three experimental conditions (1. Theory-based messages, 2. Theory-based messages and an implementation intention task, 3. Basic information about chlamydia testing) on university students chlamydia testing beliefs and behaviour.

It is hypothesised that:
1. Participants who receive the theory-based messages (conditions 1 and 2) will report more positive beliefs and stronger chlamydia testing intentions than participants who receive basic information (condition 3).
2. Participants who receive the theory-based messages and the implementation intention task (condition 2) will report greater rates of subsequent testing behaviour than participants who receive just the theory-based messages (condition 1) or basic information (condition 3).

The study will also examine whether intervention effects are moderated by anxiety or depression.

Ethics approval required
Old ethics approval format

Ethics approval(s)
University of Sheffield, Department of Psychology Research Ethics Committee, 17/1/2014, ref: 2014-849

Study design
Between-participants design

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Screening

Participant information sheet
Not available in web format, please use the contact details to request a patient information sheet

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

Interventions
After completion of an online baseline questionnaire assessing demographics, anxiety, depression, sexual behaviour and previous testing for chlamydia, participants will be randomly assigned to one of three conditions.

1. Participants assigned to TPB-messages condition will be presented with information (video /text) based on the TPB targeting the key beliefs underlying chlamydia testing. The information (video/text) was developed on the basis of formative work that identified the key beliefs associated with university students chlamydia testing intentions.

2. Participants assigned to TPB-messages and implementation intentions condition, will be presented with the same information and then will be asked to form an if-then plan, stating where, when and how they intend to complete a chlamydia screening test in the event that they have had unprotected sex or sex with a new partner.

3. Participants assigned to the control condition will be asked to read basic/brief information about chlamydia testing.

All participants will then be asked to complete measures of beliefs and intentions regarding chlamydia testing. They will also be followed-up at the end of the academic year to assess their chlamydia testing behaviour.

Intervention Type
Other

Phase
Not Applicable

Primary outcome measure
1. Chlamydia testing intentions, measured post-intervention
2. Uptake of chlamydia testing in the event of having unprotected sex and/or a new sexual partner, measured at the end of the academic year

Secondary outcome measures
1. Direct measures of the TPB (Ajzen, 1988), measured post-intervention
2. Belief strength (Ajzen, 1988) beliefs targeted in the messages, measured post-intervention

Overall study start date
30/09/2014

Completion date
30/06/2015

Eligibility

Key inclusion criteria
Students aged 18-25 attending the University of Sheffield

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Upper age limit
25 Years

Sex
Both

Target number of participants
At least 158 at baseline

Key exclusion criteria
Not provided at time of registration

Date of first enrolment
30/09/2014

Date of final enrolment
30/06/2015

Locations

Countries of recruitment
England

United Kingdom

Study participating centre
University of Sheffield
Sheffield
United Kingdom
S10 2TP

Sponsor information

Organisation
University of Sheffield (UK)

Sponsor details
Research & Innovation Services
New Spring House

231 Glossop Road
Sheffield
England
United Kingdom
S10 2GW

Sponsor type
University/education

ROR
https://ror.org/05krs5044

Funder(s)

Funder type
University/education

Funder Name
University of Sheffield

Alternative Name(s)
sheffielduni, University of Sheffield UK, theuniversityofsheffield, University of Sheffield in United Kingdom, University of Sheffield, UK, The University of Sheffield, Sheffield University

Funding Body Type
Government organisation

Funding Body Subtype
Universities (academic only)

Location
United Kingdom

Results and Publications

Publication and dissemination plan
2015 results have been reported in a DClinPsy thesis which can be requested from: http://etheses.whiterose.ac.uk/10081/ (added 10/09/2020)

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration