

# The FAB Study: Feedback, Awareness and Behaviour in the Fenland Study

<b>Submission date</b> 29/08/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 11/09/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 27/09/2013	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**

N/A

## Study information

### Scientific Title

### Acronym

FAB

### Study objectives

Aim: To quantify the effect of measurement and feedback on physical activity behaviour

Measurement objectives:

1. Self awareness of physical activity levels
2. Effect of measurement on awareness
3. Effect of feedback on awareness and intentions
4. Effect of feedback on behaviour
5. Level of false reassurance

More details can be found at: <http://www.mrc-epid.cam.ac.uk/Research/Studies/FAB/index.html>

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Full ethical approval received from Cambridgeshire 2 Research Ethics Committee on 03/05/2007 (ref: 07/Q0108/79)

### Study design

Cohort study with randomisation to one of four different physical activity feedback groups (following participation in the Fenland Study)

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Not specified

### Study type(s)

Not Specified

### Participant information sheet

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

Physical activity behaviour

## **Interventions**

The FAB Study has been set up as a nested cohort study within the Fenland Study, but with a very different purpose, and with separate ethical approval.

Volunteers in the Fenland Study have agreed to undergo oral glucose tolerance test and precise measurement of body anthropometry, body composition and physical activity over a one-week period (using individually calibrated Actihearts which measure heart rate and movement). Those who volunteer for FAB are randomly allocated to one of four groups:

Group 1: Control group - no feedback

Group 2: Physical activity feedback type A - Physical Activity Level (PAL)

Group 3: Physical activity feedback type B - PAL + daily heart rate and movement printouts

Group 4: Physical activity feedback type C - PAL + daily heart rate and movement printouts + goal setting and modelling information

## **Intervention Type**

Other

## **Phase**

Not Specified

## **Primary outcome measure**

Objectively measured physical activity over 1 week (one month post-feedback), using a combined heart rate and movement sensor.

## **Secondary outcome measures**

1. Self-reported physical activity - RPAQ (baseline, and 1 month after feedback)
2. Self-rated physical activity (baseline, immediately after feedback, and 1 month after feedback)
3. Worry about own physical activity (baseline, immediately after feedback, and 1 month after feedback)
4. Physical activity outcome expectations (baseline, immediately after feedback, and 1 month after feedback)
5. Physical activity self-efficacy (baseline, immediately after feedback, and 1 month after feedback)
6. Intention to change physical activity (baseline, immediately after feedback, and 1 month after feedback)
7. Time orientation (baseline only)

## **Overall study start date**

03/09/2007

## **Completion date**

03/06/2008

# **Eligibility**

## **Key inclusion criteria**

1. Aged 30-55 years
2. Registered with participating general practices in the Cambridgeshire Primary Care Trust
3. Participating in the Fenland Study

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Both

**Target number of participants**

400 (100 per group)

**Key exclusion criteria**

1. Have diagnosed diabetes
2. Have a terminal illness with a prognosis of less than 1 year
3. Suffer from psychotic illness
4. Are pregnant or lactating
5. Are unable to walk unaided

**Date of first enrolment**

03/09/2007

**Date of final enrolment**

03/06/2008

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

England

United Kingdom

**Study participating centre**

**MRC Epidemiology Unit**

Cambridge

United Kingdom

CB2 0QQ

**Sponsor information****Organisation**

Medical Research Council (UK)

**Sponsor details**

Medical Research Council Head Office  
20 Park Crescent  
London  
United Kingdom  
W1B 1AL  
[corporate@headoffice.mrc.ac.uk](mailto:corporate@headoffice.mrc.ac.uk)

**Sponsor type**

Government

**ROR**

<https://ror.org/03x94j517>

## **Funder(s)**

**Funder type**

Government

**Funder Name**

Medical Research Council (UK)

**Alternative Name(s)**

Medical Research Council (United Kingdom), UK Medical Research Council, MRC

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

United Kingdom

## **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?
<a href="#">Protocol article</a>	protocol	18/03/2010		Yes	No
<a href="#">Results article</a>	results	16/09/2013		Yes	No