

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

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

Protocol serial number
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

Study type(s)

Not Specified

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(s)

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

Key secondary outcome(s)

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)

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

Healthy volunteers allowed

No

Age group

Adult

Sex

All

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

United Kingdom

England

Study participating centre

MRC Epidemiology Unit

Cambridge

United Kingdom

CB2 0QQ

Sponsor information

Organisation

Medical Research Council (UK)

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

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	16/09/2013		Yes	No
Protocol article	protocol	18/03/2010		Yes	No