

# A study of the effects of different types information about physical activity after diabetes screening

<b>Submission date</b> 21/04/2006	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 25/04/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 25/11/2019	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

## Secondary identifying numbers

N/A

# Study information

## Scientific Title

A pragmatic randomised trial of the impact of brief, written anticipated regret manipulations on intentions for, and subsequent self-reported, physical activity in adults receiving normal results of diabetes screening

## Study objectives

Brief written anticipated regret manipulations can promote intentions for, and self-reported, physical activity in people receiving normal results of screening for type two diabetes.

As of 17/06/2009 this record was updated to include a new anticipated end date; the initial end date at the time of registration was 31/12/2006.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Leicestershire, Northamptonshire and Rutland Research Ethics Committee, November 2005, ref: 7254

## Study design

Pragmatic randomised controlled trial

## 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 below to request a patient information sheet

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

Prevention of type two diabetes or promotion of physical activity in healthy individuals

## Interventions

The interventions consist of written information which is sent in conjunction with the letter confirming the results of a participants diabetes test. Participants are randomly allocated to one of five groups:

1. Anticipated regret group, no consequences made salient
2. Anticipated regret group, short term consequences made salient
3. Anticipated regret group, long term consequences made salient
4. Control group one: test result and physical activity message but no written anticipated regret manipulation; anticipated regret assessed on questionnaire
5. Control group two: test result and physical activity message but no anticipated regret manipulation; anticipated regret not assessed on questionnaire

As of 17/06/2009 the end of recruitment date for this trial was 08/12/2006.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome measure**

1. Self reported physical activity
2. Intentions for self-reported physical activity

**Secondary outcome measures**

No secondary outcome measures

**Overall study start date**

01/05/2006

**Completion date**

30/01/2007

**Eligibility****Key inclusion criteria**

Individuals will be eligible to participate in the current study if they receive a normal result of an oral glucose tolerance test for diabetes performed as part of the Leicester part of the ADDITION study (ISRCTN99175498).

Added 17/06/2009:

1. White European participants aged between 40 and 75 years, either sex
2. Asian, Black or Chinese participants aged between 25 and 75 years, either sex

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Both

**Target number of participants**

450, distributed across five groups

### **Key exclusion criteria**

Potential participants will be excluded from the ADDITION study and thus ineligible for this study if they:

1. Are housebound
2. Have a terminal illness
3. Have diabetes mellitus
4. Have an active psychotic illness resulting in the individual being unable to provide informed consent
5. Are pregnant or lactating
6. Are simultaneously participating in any other clinical trials

### **Date of first enrolment**

01/05/2006

### **Date of final enrolment**

30/01/2007

## **Locations**

### **Countries of recruitment**

England

United Kingdom

### **Study participating centre**

**King's College London**

London

United Kingdom

SE1 9RT

## **Sponsor information**

### **Organisation**

King's College London (UK)

### **Sponsor details**

Institute of Psychiatry

De Crespigny Park

London

England

United Kingdom

SE5 8AF

### **Sponsor type**

University/education

**Website**

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

**ROR**

<https://ror.org/0220mzb33>

## **Funder(s)**

**Funder type**

Charity

**Funder Name**

The Wellcome Trust (UK) (grant ref: 071202)

## **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