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

Submission date	Recruitment status	[X] Prospectively registered
21/04/2006	No longer recruiting	Protocol
Registration date	Overall study status	Statistical analysis plan
25/04/2006	Completed	Results
Last Edited	Condition category	Individual participant data
25/11/2019	Nutritional, Metabolic, Endocrine	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

**Protocol serial number** 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

#### Study type(s)

Screening

#### 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(s)

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

#### Key secondary outcome(s))

No secondary outcome measures

#### 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

#### Healthy volunteers allowed

No

#### Age group

Adult

#### Sex

All

#### 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

United Kingdom

England

Study participating centre King's College London London United Kingdom SE1 9RT

# Sponsor information

#### Organisation

King's College London (UK)

#### **ROR**

https://ror.org/0220mzb33

# Funder(s)

# Funder type

Charity

#### **Funder Name**

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

# **Results and Publications**

Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

## Study outputs

Output type