# Skin cancer prevention in primary care

Submission date	Recruitment status No longer recruiting	<ul><li>Prospectively registered</li></ul>		
23/04/2019		☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
26/04/2019	Completed	[X] Results		
<b>Last Edited</b> 12/06/2023	<b>Condition category</b> Signs and Symptoms	Individual participant data		

## Plain English summary of protocol

Background and study aims

In light of increasing skin cancer incidences worldwide, preventive measures to promote sun protection in individuals with risky sun habits have continued relevance and importance. The efficacy of tailored sun protection advice has been studied in different settings, with varying results, of which primary care is one important provider previously identified. However, evidence on long-term sustainability of the effect of such advice given is lacking.

Aim: To report the long-term effect of individualised sun protection advice given in primary healthcare (PHC), on sun habits/sun protection behaviour, and attitudes towards sunbathing.

#### Who can participate?

Patients > 18 years of age visiting the study primary health care centre during the recruitment period.

## What does the study involve?

All participant completed a questionnaire mapping sun habits and attitudes towards sunbathing, and were then randomised to three possible interventions: 1) Individualised, written sun protection advice, 2) Individualised sun protection advice mediated orally by a GP, and 3) Individualised sun protection advice mediated orally by a GP and performance of a skin phototest for assessment of individual ultraviolet skin sensitivity.

#### What are the possible benefits and risks of participating?

All participants were given individualised sun protection advice based on their personal risk profile with regard to skin cancer, advice that in case followed, would be likely to be beneficial in terms of reducing ultraviolet exposure risks, or at least lead to increased awareness. Since the intervention did not include any kind of invasive, sensitive or integrity intruding elements, there was no obvious risk for the participants for taking part in the study. The phototest performed in one of the intervention groups comprised the illumination of ultraviolet radiation on very small, well-defined skin areas, insufficient to cause any harm or increased skin cancer risk.

Where is the study run from? Kärna Primary Healthcare centre, Linköping, Sweden

When is the study starting and how long is it expected to run for? February 2005 for 3 weeks

Who is funding the study? Region Östergötland, Sweden

Who is the main contact?

Dr Magnus Falk (scientific contact), magnus.falk@liu.se

# **Contact information**

## Type(s)

Scientific

#### Contact name

Dr Magnus Falk

#### **ORCID ID**

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#### Contact details

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# Additional identifiers

## **EudraCT/CTIS** number

Nil known

#### **IRAS** number

# ClinicalTrials.gov number

Nil known

# Secondary identifying numbers

LIO-14711

# Study information

#### Scientific Title

Skin cancer prevention in primary care - a randomised study

# Study objectives

1. Sun protection advice given in a primary care setting is more effective in reducing individual ultraviolet exposure if mediated orally by a general practitioner in comparison with solely

written information.

2. Addition of an ultraviolet photo test to the oral information contributes to reinforce the sun protection advice given.

#### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Approved 15/12/2004, The Regional Ethical Review Board in Linköping (Etikprövningsmyndigheten, Box 2110, 750 02 Uppsala, Sweden; registrator@etikprovning.se; +4610-475 08 00) ref: Dnr. M187-04.

## Study design

Single center Interventional randomised controlled trial

### Primary study design

Interventional

## Secondary study design

Randomised controlled trial

### Study setting(s)

GP practice

## Study type(s)

Prevention

#### Participant information sheet

See additional file

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

Sun exposure habits with regard to skin cancer

#### **Interventions**

The participants were consecutively computer-randomised to the three intervention groups, at registration in the reception of the healthcare centre. All participants completed a questionnaire mapping sun exposure habits, attitudes towards sunbathing and propensity to increase sun protection.

Interventions given:

All groups: A brief written, general sun protection advice information sheet.

Group 1: Written, individualised sun protection advice based on the questionnaire responses, mediated in letter-form.

Group 2: Individualised sun protection advice based on the questionnaire responses, mediated orally in the form of a personal GP's consultation, taking approximately 20 minutes, including a nevi check.

Group 3: The corresponding intervention as in Group 2 but also including a skin phototest for estimation of individual ultraviolet sensitivity with feedback of the test outcome.

#### Intervention Type

Behavioural

### Primary outcome measure

Sun exposure habits, measured by a questionnaire based of a number of 5-grade Likert scored question, reflecting frequency and degree of sun exposure and protection, and five questions measuring propensity to increase sun protection based on the transtheoretical model of behaviour change. Measurement time points: Baseline (at study start, prior to intervention), after 6 months, 3 years and 10 years.

### Secondary outcome measures

Secondary outcome variable: Attitudes towards sunbathing, measured by a number of 5-grade Likert scored questions. Measurement time points: Baseline (at study start, prior to intervention), after 6 months, 3 years and 10 years.

## Overall study start date

01/09/2004

### Completion date

30/10/2015

# **Eligibility**

#### Key inclusion criteria

1. Patients > 18 years of age visiting the study primary health care centre during the recruitment period.

## Participant type(s)

**Patient** 

### Age group

Adult

### Lower age limit

18 Years

#### Sex

Both

#### Target number of participants

300

#### Total final enrolment

316

#### Key exclusion criteria

- 1. Abnormal UV-sensitivity
- 2. Intake of UV-sensitising medication
- 3. Cognitive impairment

#### Date of first enrolment

01/02/2005

## Date of final enrolment

25/02/2005

# Locations

#### Countries of recruitment

Sweden

## Study participating centre Kärna Primary Healthcare centre

Kärnabrunnsgatan 10 Linköping Sweden 58662

# Sponsor information

## Organisation

County Council of Östergötland

# Sponsor details

Region Östergötland Linköping Sweden 58185 +46101030000 anna-lena.nylander@regionostergotland.se

## Sponsor type

Hospital/treatment centre

#### Website

www.regionostergotland.se

#### **ROR**

https://ror.org/0326gsy75

# Funder(s)

## Funder type

Government

#### Funder Name

Länsstyrelsen Östergötland

# **Results and Publications**

## Publication and dissemination plan

Half-year results were published in 2008, 3-year results in 2011. 10-year results are intended to be published in 2019.

## Intention to publish date

01/06/2019

## Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are available from the corresponding author on reasonable request

## IPD sharing plan summary

Available on request

## **Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/12/2008		Yes	No
Results article	results	01/09/2011		Yes	No
Participant information sheet		24/04/2019	23/05/2019	No	Yes
Results article	10 year follow up	01/10/2019	12/06/2023	Yes	No