

# A randomised controlled trial to assess the impact of a lifestyle intervention (ActWELL) in women invited to NHS breast screening

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<b>Registration date</b> 21/07/2017	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 05/08/2024	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

It is estimated that 38% of breast cancer could be prevented by increasing physical activity, decreasing alcohol intake and losing weight. It is notable that weight gain in adult life is associated with a greater risk of the disease (e.g., an increase of 2-10 kg after age 50 is associated with a 30% increased risk). The aim of this study is to assess the impact of a lifestyle intervention (ActWELL) on body weight and physical activity in women attending NHS breast screening clinics.

### Who can participate?

Women aged 50-70 who are overweight and attending routine breast screening in four Scottish breast screening service centres

### What does the study involve?

Participants are randomly allocated to either the intervention group or the control group. Participants in the intervention group have two face-to-face visits with a lifestyle coach and a further nine phone calls over 12 months. They are given a diet and physical activity programme with the aim of weight management and change in physical activity. This is delivered in the community by Breast Cancer Now volunteer lifestyle coaches. Participants in the control group continue with usual care. After the study is completed they are offered a one-off session with a lifestyle coach if they wish. All participants attend measurement visits with a research nurse at the start of the study and at 12 months follow up and have one phone call at 3 months. This involves recording demographic details, physiological measures such as weight, waist circumference and blood pressure, one blood sample and health questions.

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

Possible benefits are weight loss and a healthier lifestyle which may lead to a reduced risk of obesity-related chronic (long-term) conditions which are a major cause of death in the UK. There are considered to be no risks of taking part.

Where is the study run from?

1. NHS Tayside (UK)
2. NHS Grampian (UK)
3. NHS Lothian (UK)
4. NHS Greater Glasgow and Clyde (UK)

When is the study starting and how long is it expected to run for?  
January 2017 to December 2019

Who is funding the study?  
Scottish Government (UK)

Who is the main contact?  
Ms Stephanie Gallant  
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## Contact information

### Type(s)

Public

### Contact name

Ms Stephanie Gallant

### Contact details

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## Additional identifiers

### Protocol serial number

Protocol V1.1, 22/06/2017

## Study information

### Scientific Title

A randomised controlled trial to assess the impact of a lifestyle intervention (ActWELL) in women invited to NHS breast screening

### Acronym

ActWELL

## **Study objectives**

In Scotland, the incidence of breast cancer is predicted to rise by 27% by 2030 and whilst there are measures to support reductions in morbidity and mortality, the breast cancer community is now turning to support weight management programmes in post-menopausal women. In Scotland, 72% of women aged 55 to 74 years have a BMI >25 kg/m<sup>2</sup>. A recent feasibility study of a lifestyle intervention initiated in the NHS breast screening sites and delivered in the community reported significant findings in weight loss and increased activity after 12 weeks in intervention versus control groups.

The aim of this study is to assess the impact of a lifestyle intervention (ActWELL) on body weight and physical activity in women invited to NHS breast screening clinics.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

East of Scotland Research Ethics Committee, 28/06/2017, ref: 17/ES/0073

## **Primary study design**

Interventional

## **Study design**

Four-centre 1:1 parallel-group randomized controlled trial

## **Study type(s)**

Prevention

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

Body weight and physical activity

## **Interventions**

This study is a minimal contact, weight management and physical activity intervention initiated within the breast cancer screening setting.

Actwell is a randomised controlled trial of a lifestyle intervention and is 26 months in duration. Randomisation is via the online TRuST system provided by Tayside Clinical Trials Unit (TCTU):

1. Those in the intervention group will have 2 face to face visits with a lifestyle coach and a further 9 phone calls over 12 months. They will be given a diet and physical activity programme with the aim of weight management and change in physical activity. This will be delivered in the community by Breast Cancer Now volunteer Lifestyle Coaches.

2. The control group continue with usual care. After the study is completed they are offered a one of session with a lifestyle coach if they wish.

Participants will attend for baseline and 12 month follow-up measurement visits with a research nurse and have one phone call at 3 months. This will involve recording of demographic details, physiological measures e.g. weight, waist circumference, blood pressure, heart rate, one blood sample and health questions.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

1. Physical activity, measured using Scottish Physical Activity Questionnaire (SPAQ) and ActivPAL activity monitors
2. Weight loss, measured by research nurses (locally provided and calibrated by clinical research centres)

All outcomes are measured at two measurement visits at baseline and 12 months. At 3 months there is a telephone call to assess self-reported weight, SPAQ and EQ5D along with three food questions.

## **Key secondary outcome(s)**

1. HbA1C, non-fasting lipids and non-fasting insulin, measured using a blood test analysed at University of Glasgow
2. Sedentary behaviour and modes of physical activity, measured using SPAQ
3. Eating habits, measured using modified questionnaire from the Scottish Health Survey
4. Alcohol intake, measured using Audit C
5. Psycho-social variables, measured using Modified Illness Perception Questionnaire and various questions
6. Economic outcomes, measured using EQ5D- L and health resource usage questions
7. Blood pressure, measured using blood pressure monitor

All outcomes are measured at two measurement visits at baseline and 12 months. At 3 months there is a telephone call to assess self-reported weight, SPAQ and EQ5D along with three food questions.

## **Completion date**

31/12/2019

# **Eligibility**

## **Key inclusion criteria**

1. Invited to attend, or attended, routine breast screening clinics (not recall clinics)
2. Measured BMI >25 kg/m<sup>2</sup>
3. Women aged 50-70 years

## **Participant type(s)**

Healthy volunteer

## **Healthy volunteers allowed**

No

## **Age group**

Mixed

## **Lower age limit**

50 Years

## **Upper age limit**

70 Years

## **Sex**

Female

**Total final enrolment**

560

**Key exclusion criteria**

1. Currently undergoing treatment for any malignant condition
2. Reported contra-indication to physical activity (e.g. recent surgery)
3. Reported contra-indication to weight management (e.g. currently following a recovery programme for weight gain)
4. Diagnosis of Type 1 diabetes
5. No telephone contact
6. Current use of insulin
7. Unable to consent
8. On a special or prescribed diet e.g. gluten free

**Date of first enrolment**

05/09/2017

**Date of final enrolment**

14/08/2018

**Locations**

**Countries of recruitment**

United Kingdom

Scotland

**Study participating centre**

**NHS Tayside**

Ninewells Hospital

Dundee

United Kingdom

DD1 9SY

**Study participating centre**

**NHS Grampian**

Aberdeen

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**Study participating centre**

**NHS Lothian**

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EH1 3EG

**Study participating centre**  
**NHS Greater Glasgow and Clyde**  
United Kingdom  
G12 0XH

## Sponsor information

**Organisation**  
University of Dundee

**ROR**  
<https://ror.org/03h2bxq36>

**Organisation**  
NHS Tayside

**ROR**  
<https://ror.org/000ywep40>

## Funder(s)

**Funder type**  
Government

**Funder Name**  
Scottish Government

## Results and Publications

### **Individual participant data (IPD) sharing plan**

Access to collated participant data will be restricted to the CI and appropriate study staff. Data will be held on university secure servers.

### **IPD sharing plan summary**

Not expected to be made available

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	feasibility and optimisation results	05/06/2020	08/06/2020	Yes	No
<a href="#">Results article</a>		06/03/2021	18/06/2021	Yes	No
<a href="#">Protocol article</a>	protocol	08/11/2018		Yes	No
<a href="#">HRA research summary</a>			28/06/2023	No	No
<a href="#">Other publications</a>	Letter	05/06/2021	05/08/2024	Yes	No
<a href="#">Other publications</a>	SWAT 76 evaluation	08/02/2021	05/08/2024	Yes	No