

# Improving attendance at cardiac rehabilitation: a randomized controlled trial

<b>Submission date</b> 06/07/2011	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 08/08/2011	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 10/02/2016	<b>Condition category</b> Circulatory System	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Phase III cardiac rehabilitation is a program of supervised exercise, relaxation and education for people with heart disease. It improves fitness and reduces the likelihood of future heart attacks, but attendance rates are low. We set out to increase the proportion of people attending cardiac rehabilitation using a specially designed invitation letter and supportive leaflet, using wording that theoretically should encourage people to attend.

### Who can participate?

People were recruited to the study while in hospital following a heart attack or heart surgery.

### What does the study involve?

Participants are randomly allocated to either receive either the new letter or the previously used letter. Similarly, participants are randomly allocated to receive the new leaflet or not. We then count how many of each group attend cardiac rehabilitation.

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

There were no risks to participants.

### Where is the study run from?

Aberdeen Royal Infirmary (UK)

### When is the study starting and how long is it expected to run for?

January 2007 to December 2008

### Who is funding the study?

University of Aberdeen (UK)

### Who is the main contact?

During the study: Dr Sultan Mosleh (s.m.mosleh@abdn.ac.uk)

After study completion: Dr Neil Campbell (n.campbell@abdn.ac.uk)

## Contact information

**Type(s)**

Scientific

**Contact name**

Dr Sultan Mosleh

**Contact details**

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**Additional identifiers****Study information****Scientific Title**

Effectiveness of theory based interventions to improve attendance at cardiac rehabilitation: a randomized controlled trial

**Study objectives**

A theory-based invitation letter and leaflet will increase attendance at phase III cardiac rehabilitation above that attained by the usual invitation letter

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Grampian Research Ethics Committee,17/11/2006, ref: 06/S0802/119

**Primary study design**

Interventional

**Study design**

2x2 factorial design single centre blind randomised controlled trial

**Study type(s)**

Treatment

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

Coronary heart disease. Specifically post myocardial infarction and post cardiac surgery.

**Interventions**

1. Letter of invitation to cardiac rehabilitation designed with theory based wording
2. Supportive leaflet to accompany letter of invitation to cardiac rehabilitation designed with theory based wording
3. The control was the previously used letter of invitation to cardiac rehabilitation

**Intervention Type**

Other

**Phase**

Phase III

**Primary outcome(s)**

Attendance at least one session of a Phase III CR programme

**Key secondary outcome(s)**

1. To identify the factors associated with CR attendance
2. The independent measures of CR attendance were determined by a baseline self-report questionnaire which covered socio-demographical and medical factors, Hospital Anxiety and Depression Scale (HAD) (Zigmond and Snaith, 1983), Theory of Planned Behaviour (TPB) scale (Blanchard et al, 2002; Blanchard et al, 2003) and Illness Perception questionnaire (Weinman et al. 1996)

**Completion date**

31/12/2008

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

Consecutive patients who were admitted with myocardial infarction (MI) or post cardiac surgery between January 2007 and December 2007 at Aberdeen Royal Infirmary were invited to participate in the study if they were referred to the cardiac rehabilitation (CR) programme in the city of Aberdeen or the area of Aberdeenshire.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Patients who had not had MI
2. Patients who were terminally ill
3. Patients who had cardiac valve stenosis

4. Patients who had arrhythmia
5. Patients who abuse alcohol or drugs
6. Patients who are mentally or physically disabled
7. Those referred to the CR programme from out of Aberdeen area

**Date of first enrolment**

01/01/2007

**Date of final enrolment**

31/12/2008

## Locations

**Countries of recruitment**

United Kingdom

Scotland

**Study participating centre**

University of Aberdeen

Aberdeen

United Kingdom

AB25 2ZD

## Sponsor information

**Organisation**

University of Aberdeen (UK)

**ROR**

<https://ror.org/016476m91>

## Funder(s)

**Funder type**

University/education

**Funder Name**

University of Aberdeen

**Alternative Name(s)**

ABDN

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Universities (academic only)

**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?
<a href="#">Results article</a>	results	01/09/2009		Yes	No