

Improving attendance at cardiac rehabilitation: a randomized controlled trial

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

University of Aberdeen
Centre of Academic Primary Care
Polwarth Building
Foresterhill
Aberdeen
United Kingdom
AB25 2ZD

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

Study design

2x2 factorial design single centre blind randomised controlled trial

Primary study design

Interventional

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?
Results article	results	01/09/2009		Yes	No