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Snacktivity to promote physical activity WP4

Submission date 18/03/2024	**Recruitment status** No longer recruiting	[X] Prospectively registered [X] Protocol [_] Statistical analysis plan [_] Results [_] Individual participant data [X] Record updated in last year
Registration date 22/03/2024	**Overall study status** Ongoing	
Last Edited 23/11/2026	**Condition category** Other	

Plain English summary of protocol

Background and study aims
Being physically active can improve physical and mental health and reduce the risk of long-term health conditions. UK guidance recommends that adults complete at least 150 minutes of moderate-intensity physical activity, or 75 minutes of vigorous-intensity activity, each week. This activity can be built up in bouts of any length. Adults are also encouraged to reduce and break up long periods of sitting.

Many people find it difficult to make large changes to their lifestyle or set aside long periods for exercise. Snacktivity™ is an alternative approach that encourages people to complete short, manageable bouts of moderate-to-vigorous physical activity, known as “activity snacks”, throughout the day. These typically last between 2 and 5 minutes and could include taking the stairs, walking while talking on the telephone, parking farther away from a destination or taking a short walking break.

The aim of this study is to find out whether Snacktivity™ is an effective and cost-effective way of helping inactive adults become more physically active, compared with receiving the usual guidance on physical activity. The study will also look at whether Snacktivity™ helps people sit less and whether it affects their wellbeing, confidence, enjoyment of physical activity and quality of life.

Who can participate?
Adults aged 18 years or over may be able to take part if they:

complete less than 150 minutes of moderate-to-vigorous physical activity each week;
can provide informed consent;
have a mobile phone that can run the study app; and
agree that their healthcare professional can be told about their involvement in the study.
People cannot take part if they are unable to understand enough English to complete the study assessments, are known to be pregnant or breastfeeding, or are an inpatient, bedbound or unable to take part in physical activity.

Recruitment has now closed.

What does the study involve?
People who are interested in taking part complete an initial screening assessment. Those who are eligible and agree to participate complete questionnaires about their health, wellbeing, physical activity and use of health services. They are also asked to provide their weight and wear a small activity monitor on their wrist for up to 9 days, together with completing a short sleep diary.

Participants are then allocated by chance to one of two groups. Neither the participant nor the study team chooses the group.

People allocated to the Snacktivity™ group receive a brief consultation with a healthcare professional or researcher. The consultation explains the Snacktivity™ approach and provides examples of ways to include short activity snacks in everyday life. Participants also receive current physical activity guidance, a Fitbit™ activity tracker to keep and access to the SnackApp. The SnackApp helps participants monitor their activity, set goals, plan activity snacks and receive reminders, encouragement and feedback.

People allocated to the usual-care group receive information about the current physical activity guidance. They do not receive the Snacktivity™ consultation, Fitbit™ or SnackApp as part of the study.

Some consultations or calls may be audio-recorded, but only if the participant has agreed. These recordings are used to check that the study information is being delivered as intended.

Participants in both groups are followed up at 3 months and 12 months. At each follow-up, they are asked to complete questionnaires and wear the wrist activity monitor again for up to 9 days. The study uses the activity-monitor information to measure physical activity, sitting and sleep. Participants are also asked about areas including their weight, wellbeing, confidence and enjoyment of physical activity, quality of life and use of health services.

Participants receive a £30 shopping voucher after the 3-month follow-up and a further £30 shopping voucher after the 12-month follow-up, once the required questionnaires have been at least partly completed and the activity monitor has recorded at least 4 valid days. If an activity monitor has not been returned after several reminders, the participant may be offered a £10 voucher for returning it safely.

Taking part is voluntary. Participants can stop taking part or withdraw from part of the study at any time without giving a reason and without affecting their usual care.

What are the possible benefits and risks of participating?
There is no guarantee that taking part will provide a direct personal benefit. Participants may find that monitoring their activity and receiving information about physical activity helps them become more active. People in the Snacktivity™ group may also find that short activity snacks are easier to include in their daily routine than longer periods of exercise. The information collected may help researchers understand how best to support inactive adults to become more active in the future.

The study is considered low risk. However, as with any increase in physical activity, participants could experience temporary tiredness, muscle soreness or discomfort. There is also a small possibility of an injury, trip or fall. Participants should choose activities that are appropriate for them and seek advice from a healthcare professional if they have concerns about increasing their activity.

Personal information and study data are stored securely and handled in accordance with data-protection requirements. Only authorised people have access to identifiable information where this is necessary to run or monitor the study.

Where is the study run from?
The study is led by Loughborough University and coordinated by Birmingham Clinical Trials Unit at the University of Birmingham, with the University of Leicester leading the activity-monitor assessments. Participants were recruited through NHS services and community and non-NHS organisations across the United Kingdom.

When is the study starting and how long is it expected to run for?
The wider Snacktivity™ research programme began in August 2018. Recruitment to this trial began in May 2024, and the study is expected to continue until January 2027. Each participant is followed for 12 months.

Who is funding the study?
The study is funded by the National Institute for Health and Care Research (NIHR) through a Programme Grant for Applied Research (reference RP-PG-0618-20008).

Who is the main contact?
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General study enquiries can also be sent to the Snacktivity™ Trial Office at Birmingham Clinical Trials Unit:

Email: Snacktivity@trials.bham.ac.uk
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Contact information

Type(s)
Scientific

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Type(s)
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Additional identifiers

Integrated Research Application System (IRAS)
336675

Central Portfolio Management System (CPMS)
60376

Protocol serial number
BCHCTrustwide336675.P

Study information

Scientific Title
A multi-centre, open-label, two-arm, parallel group, individually randomised trial, with an internal pilot and economic evaluation, to test the superiority of Snacktivity compared with usual care

Acronym
SNACKTIVITY

Study objectives
Current study objectives as of 23/11/2026:

To assess the effectiveness and cost-effectiveness of the Snacktivity™ intervention compared to usual care (current guidance on physical activity) in adults who do less than the recommended amount of MVPA (moderate-vigorous physical activity) per week.

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Previous study objectives:

The aim of the study is to evaluate the effectiveness and cost-effectiveness of the Snacktivity™ intervention in both NHS and non-NHS settings.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 28/03/2024, London - Surrey Research Ethics Committee (2 Redman Place, Stratford, London, E20 1JQ, UK; +44 (0)207 104 8088, +44 (0)207 104 8131; surrey.rec@hra.nhs.uk), ref: 24/LO/0186

Primary study design
Interventional

Study design
A multi-centre, randomised, open-label, two-arm, individually randomised, parallel group, superiority trial with an internal pilot and economic evaluation

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Physical activity

Interventions
Current interventions as of 23/11/2026:

Participants will be randomised to receive:
• The Snacktivity™ intervention, which involves a brief Snacktivity™ consultation, a Fitbit™ watch linked to the SnackApp and an infographic detailing the current guidance for physical activity.
OR
• Usual care (an infographic detailing the current guidance for physical activity with no other support offered).

Participants will be randomised at the level of the individual in a 1:1 ratio to receive either the Snacktivity™ intervention or usual care. A minimisation algorithm will be used within the randomisation system to ensure balance in the intervention allocations over the following variables:
• Route of recruitment (NHS, Non-NHS)
• Total minutes per week of physical activity (at baseline assessed using the PAVS) (0-49, 50-99, 100-149 minutes)
• Age group (18-45, 46+ years old)
• Gender (male, female, prefer not to say)

To avoid the possibility of the intervention allocation becoming predictable, a random element will be included in the minimisation algorithm. Full details of the randomisation specification will be stored in a confidential document at BCTU.

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Previous interventions:

The trial is a multi-centre, randomized, open-label, two-arm, individually randomised, parallel-group, superiority trial with an internal pilot and economic evaluation. The trial aims to recruit 724 inactive adults who are aged 18 years and over. The internal pilot will last 6 months from the date the trial is opened to recruitment. Data collected during this phase will inform whether progression to completion of the trial should proceed.

The internal pilot aims to assess:
1. Recruitment: Aim to recruit ≥30% of the total sample size (≥218/724 participants) in 6 months (this equates to 36-37 participants per month);
2. Adherence to Snacktivity™: Defined as a participant achieving a minimum of four bouts of MVPA lasting ≥2 minutes (i.e., activity snacks) on average each day over 12 weeks as per the feasibility trial. This criterion will be based on those who would be expected to have reached 12 weeks follow-up after the trial has been open for 6 months, which we estimate to be approximately 100-120 participants (i.e. 50-60 participants in the Snacktivity intervention group).

A traffic light system has been designed that will determine progression.

Participants will be recruited from NHS Trusts/settings and non-NHS settings.

NHS Trusts/settings will search their databases using search protocols developed by the lead Clinical Research Network and invite participants based on eligibility at this pre-screening stage. Potential participants who are over the age of 18 years and have an NHS consultation booked during the recruitment phase of the trial will be invited to take part. The date of the consultation should be at least three weeks prior to the date of invitation to allow enough time for screening, consent and baseline data collection to be completed before the participant sees the HCP.

Alternatively, treating clinicians/HCPs can raise the topic of the Snacktivity trial in routine consultations and ask the patient if they would be interested in participating in the trial and offer the invitation pack (if the patient has an additional consultation booked at least three weeks away).
If an NHS Trust/setting routinely uses or wishes to use SMS text messages to send patients details of their scheduled appointments and/or to notify them about this trial, a trial invite link will be added to these text messages.

Potential participants can also be invited to take part in the trial via non-NHS settings including via social media platforms (including via NIHR Be Part of Research), third-sector organisations, public health organisations and others.

Potential participants identified via online platforms, social media, posters or text messages for example, will be invited to take part in the trial using an electronic trial link (or QR code). The link, when clicked, will direct the potential participant to an online survey, hosted on the studies REDCap database. Embedded within the survey will be a link to an electronic version of the participant information sheet (PIS), a summary PIS and a short video explaining the trial for potential participants to view before deciding if they would like to take part in the trial or not. If interested, the potential participant will then be directed to complete the expression of interest form, eligibility questions (inclusion and exclusion) and the Physical Activity Vital Sign (PAVS) questionnaire. Based on the answers provided, the survey will indicate to the participants if they are eligible or ineligible to join the trial. If eligible, and the potential participant is still willing to participate, they will be asked to complete the consent form online.

Potential participants identified via searches of NHS Trust/settings electronic patient records or during consultations for example can be sent trial invitation packs in the post. These can either be sent with their consultation appointment letter (or a reminder of their upcoming appointment) or independently.

The invitation packs will contain the trial invitation letter, PIS, screening form and a prepaid return envelope. The trial invitation letter will include the electronic trial link (as a web address, as described above in case the potential participant would like to complete the screening form online), otherwise they can complete the paper forms and post them back to the trial office. A QR code will also be added to the invitation letter, which once scanned, will direct the potential participant to view the electronic version of the main PIS, summary PIS and the short video explaining the trial. Paper forms received in the post will be entered into the REDCap database by the trial team. All participants who return a screening form will be contacted to confirm if they are eligible or ineligible to join the trial. Eligible participants will either be sent a link (via email or text message) to complete the consent form online or the trial team will call the participant and complete it online on their behalf over the telephone.

Once eligible participants complete the informed consent form, they will be asked to complete the baseline questionnaire, which includes uploading a picture of them standing on home weighing scales clearly showing their current weight. They will also be sent an accelerometer in the post to wear for 9 days.

Upon return of the accelerometer and confirmation that it contains valid activity data (minimum of 4 valid days) participants will be randomised to either:
1. The Snacktivity intervention, access to the SnackApp and an infographic detailing the current guidance for physical activity or
2. Usual care (an infographic detailing the current guidance for physical activity with no other support offered).

The Snacktivity intervention aims to promote the importance of regular physical activity through Snacktivity, the usefulness of Snacktivity, encouraging regular self-monitoring of Snacktivity to achieve sustained Snacktivity, goal setting for daily Snacktivity, as well as action planning and implementation strategies for Snacktivity.

There are two main components within the Snacktivity intervention: HCPs or researchers raising and encouraging Snacktivity with participants in their consultations/telephone calls, and the promotion of technology to support behaviour change and sustained engagement in Snacktivity (via the phone app: SnackApp and physical activity tracker device).

All those randomised to the usual care group will receive the current guidance for physical activity.

All participants will be followed up at 3 and 12 months and will be asked to complete a questionnaire (including sending a picture of their current weight) and wear an accelerometer for 9 days at each time point.

Where possible and with the consent of participants, the delivery of the usual care information and Snacktivity intervention will be audio-recorded to assess fidelity and intervention contamination (aim for around 25% of consultations to be audio-recorded).

Intervention Type
Behavioural

Primary outcome(s)
Average weekly moderate to vigorous physical activity (MVPA) measured using the Axivity (AX3) device at 12 months

Key secondary outcome(s)
Current key secondary outcome(s)

1. The proportion of participants meeting the guidance amount of 150 minutes of MVPA per week measured using the using the Axivity (AX3) device at baseline, 3 and 12 months
2. Average total minutes (sum of light, moderate and vigorous) of physical activity per day measured using the Axivity (AX3) device at baseline, 3 and 12 months
3. Average number of minutes of light, moderate and vigorous physical activity per day measured using the Axivity (AX3) device at baseline, 3 and 12 months
4. Average minutes of MVPA accumulated in bouts lasting ≥2, ≥5 and ≥ 10 minutes per day measured using the Axivity (AX3) device at baseline, 3 and 12 months
5. Average number of MVPA bouts lasting ≥2, ≥5 and ≥ 10 minutes per day measured using the Axivity (AX3) device at baseline, 3 and 12 months
6. Average magnitude of dynamic wrist acceleration per day (as a proxy for the total volume of activity) measured using the Axivity (AX3) device at baseline, 3 and 12 months
7. Average intensity gradient per day (no unit for this variable) measured using the Axivity (AX3) device at baseline, 3 and 12 months
8. Average minutes of sedentary time per day measured using the Axivity (AX3) device at baseline, 3 and 12 months
9. Average time (minutes) spent in prolonged sedentary behaviour per day measured using the Axivity (AX3) device at baseline, 3 and 12 months
10. Average number of prolonged sedentary bouts per day measured using the Axivity (AX3) device at baseline, 3 and 12 months
11. Average sleep duration (mins/day) and average efficiency (quality) (%/day) measured using the Axivity (AX3) device at baseline, 3 and 12 months

The researchers will also assess:
1. Weight (objective [or self-reported if the participant is unable to provide objective weight]) at baseline, 3 and 12 months
2. Depression/anxiety measured using the Hospital Anxiety and Depression Scale (HADS)) at baseline, 3 and 12 months
3. Quality of life measured using the EQ-5D-5L questionnaire at baseline, 3 and 12 months
4. Self-reported sedentary behaviours measured using the Workforce Sitting Questionnaire (WSQ) and International Physical Activity Questionnaire (IPAQ) (sitting question only) at baseline, 3 and 12 months
5. Self-efficacy for physical activity measured using the Self-Efficacy for Exercise Questionnaire at baseline, 3 and 12 months
6. Enjoyment of physical activity measured using the Physical Activity Enjoyment Scale (PACES) at baseline, 3 and 12 months
7. Habitual physical activity measured using the Self-Report Habit Index (intervention group only) at baseline, 3 and 12 months
8. Participation in Snacktivity™ measured using the Fitbit™ data (to assess intervention adherence) (intervention group only), data collected daily
9. Participant's experiences of the trial will be captured using single item exit questions at three and twelve months follow-up

Previous key secondary outcome(s):

1. The proportion of participants meeting the guidance amount of 150 minutes of MVPA per week measured using the using the Axivity (AX3) device at baseline, 3 and 12 months
2. Average total minutes (sum of light, moderate and vigorous) of physical activity per day measured using the Axivity (AX3) device at baseline, 3 and 12 months
3. Average number of minutes of light, moderate and vigorous physical activity per day measured using the Axivity (AX3) device at baseline, 3 and 12 months
4. Average minutes of MVPA accumulated in bouts lasting ≥2, ≥5 and ≥ 10 minutes per day measured using the Axivity (AX3) device at baseline, 3 and 12 months
5. Average number of MVPA bouts lasting ≥2, ≥5 and ≥ 10 minutes per day measured using the Axivity (AX3) device at baseline, 3 and 12 months
6. Average magnitude of dynamic wrist acceleration per day (as a proxy for the total volume of activity) measured using the Axivity (AX3) device at baseline, 3 and 12 months
7. Average intensity gradient per day (no unit for this variable) measured using the Axivity (AX3) device at baseline, 3 and 12 months
8. Average minutes of sedentary time per day measured using the Axivity (AX3) device at baseline, 3 and 12 months
9. Average time (minutes) spent in prolonged sedentary behaviour per day measured using the Axivity (AX3) device at baseline, 3 and 12 months
10. Average number of prolonged sedentary bouts per day measured using the Axivity (AX3) device at baseline, 3 and 12 months
11. Average sleep duration (mins/day) and average efficiency (quality) (%/day) measured using the Axivity (AX3) device at baseline, 3 and 12 months

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1. Weight (objective [or self-reported if the participant is unable to provide objective weight]) at baseline, 3 and 12 months
2. Depression/anxiety measured using the Hospital Anxiety and Depression Scale (HADS)) at baseline, 3 and 12 months
3. Quality of life measured using the EQ-5D-5L questionnaire at baseline, 3 and 12 months
4. Self-reported sedentary behaviours measured using the Workforce Sitting Questionnaire (WSQ) and International Physical Activity Questionnaire (IPAQ) (sitting question only) at baseline, 3 and 12 months
5. Self-efficacy for physical activity measured using the Self-Efficacy for Exercise Questionnaire at baseline, 3 and 12 months
6. Enjoyment of physical activity measured using the Physical Activity Enjoyment Scale (PACES) at baseline, 3 and 12 months
7. Habitual physical activity measured using the Self-Report Habit Index (intervention group only) at baseline, 3 and 12 months
8. Participation in Snacktivity™ measured using the Fitbit™ data (to assess intervention adherence) (intervention group only), data collected daily
9. Cost-effectiveness measured using the ICEpop CAPability measure for Adults (ICECAP-A) and a health care resource use questionnaire at baseline, 3 and 12 months

Completion date
08/01/2027

Eligibility

Key inclusion criteria
1. Completes <150 minutes per week of moderate to vigorous physical activity (MVPA) as assessed by the Physical Activity Vital Sign (PAVS) Questionnaire
2. Able to provide informed written consent
3. Aged >=18 years (all routes of recruitment)
4. Own a mobile phone capable of hosting apps (Apple iOS 13.0+ and Android 4.3+)
5. Agreement for their healthcare professional (HCP) to be notified of their involvement in the trial

Participant type(s)
Patient

Healthy volunteers allowed
Yes

Age group
Mixed

Lower age limit
18 Years

Upper age limit
100 Years

Sex
All

Total final enrolment
991

Key exclusion criteria
1. Unable to understand English sufficiently to complete the trial assessments
2. Women known to be pregnant or breastfeeding
3. Inpatient, bedbound or unable to complete physical activity

Date of first enrolment
27/05/2024

Date of final enrolment
30/09/2025

Locations

Countries of recruitment
United Kingdom

England

Scotland

Wales

Study participating centre
Ashgrove Healthcare Ltd
Morgan Street, Pontypridd
Rhondda Cynon Taf
Wales
CF37 2DR

Study participating centre
Berkshire Healthcare NHS Foundation Trust
London House
London Road
Bracknell
England
RG12 2UT

Study participating centre
Birmingham Community Healthcare NHS Foundation Trust
3 Priestley Wharf
Holt Street
Birmingham Science Park, Aston
Birmingham
England
B7 4BN

Study participating centre
Cambridgeshire Community Services NHS Trust
Units 7/8, Meadow Lane
St Ives
England
PE27 4LG

Study participating centre
Castlefields Health Centre, Runcorn
The Village Square
Castlefields
Runcorn
England
WA7 2ST

Study participating centre
Bridgewater Community Healthcare NHS Foundation Trust
Trust Headquarters, Spencer House, Birchwood
Warrington
England
WA3 7PG

Study participating centre
Cornwall Partnership NHS Foundation Trust
Carew House
Beacon Technology Park
Dunmere Road
Bodmin
England
PL31 2QN

Study participating centre
Derbyshire Healthcare NHS Foundation Trust
Trust Headquarters
Kingsway Hospital
Kingsway
Derby
England
DE22 3LZ

Study participating centre
East Cheshire NHS Trust
Macclesfield District Hospital
Victoria Road
Macclesfield
England
SK10 3BL

Study participating centre
Eastham Group Practice
Tree Tops Primary Health Care Centr
47 Bridle Road
Bromborough
Wirral
England
CH62 6EE

Study participating centre
Eric Moore Partnership
Tanners Lane
Warrington
England
WA2 7NJ

Study participating centre
Garswood Surgery
Billinge Road
Ashton-in-makerfield
Wigan
England
WN4 0XD

Study participating centre
Kingston and Richmond NHS Foundation Trust
Galsworthy Road
Kingston upon Thames
England
KT2 7QB

Study participating centre
Hampshire and Isle of Wight Healthcare NHS Foundation Trust
Tatchbury Mount Hospital
Calmore
Southampton
England
SO40 2RZ

Study participating centre
Humber Teaching NHS Foundation Trust
Trust Hq Block a Willerby Hill
Beverley Road
Willerby
Hull
England
HU10 6ED

Study participating centre
James Alexander Family practice
Bransholme South Health Centre, Goodhart Road
Hull
England
HU7 4DW

Study participating centre
Kent Community Health NHS Foundation Trust
Trinity House
110-120 Eureka Park
Eureka Business Park
Ashford
England
TN25 4AZ

Study participating centre
Kent County Council
County Hall
County Road
Maidstone
England
ME14 1XQ

Study participating centre
Kingswinford Medical Practice
Kingswinford Health Centre
Standhills Road
Kingswinford
England
DY6 8DN

Study participating centre
Lancaster Medical Practice
8 Dalton Square
Lancaster
England
LA1 1PN

Study participating centre

Liverpool University Hospitals NHS Foundation Trust
Royal Liverpool University Hospital
Prescot Street
Liverpool
England
L7 8XP

Study participating centre
Lordswood House Group Medical Practice
54 Lordswood Road
Harborne
Birmingham
England
B17 9DB

Study participating centre
Medway Community Healthcare
M C H House
21 Bailey Drive
Gillingham Business Park
Gillingham
England
ME8 0PZ

Study participating centre
Melrose Surgery
73 London Road
Reading
England
RG1 5BS

Study participating centre
Midlands Partnership University NHS Foundation Trust
Trust Headquarters
St Georges Hospital
Corporation Street
Stafford
England
ST16 3SR

Study participating centre

Niddrie Medical Practice
Craigmillar Medical Centre
106 Niddrie Mains Road
Edinburgh
Scotland
EH16 4DT

Study participating centre
Northamptonshire Healthcare NHS Foundation Trust
St Marys Hospital
77 London Road
Kettering
England
NN15 7PW

Study participating centre
Northumbria Healthcare NHS Foundation Trust (headquarters)
Rake Lane
North Shields
England
NE29 8NH

Study participating centre
Oakenhurst Medical Practice
Simmons Street
Blackburn
England
BB2 1AX

Study participating centre
Padgate Medical Centre
12 Station Road
Padgate
Warrington
England
WA2 0RX

Study participating centre
Park View Surgery - Milnthorpe
Haverflatts Lane
Milnthorpe

England
LA7 7PS

Study participating centre
Queen Square Medical Practice
2 Queen Square
Lancaster
England
LA1 1RP

Study participating centre
Rangeways Road Surgery
33 Rangeways Road, High Acres
Kingswinford
England
DY6 8PN

Study participating centre
Riverside Medical Practice
Riverside Medical Centre
Ballifeary Lane
Ness Walk
Inverness
Scotland
IV3 5PW

Study participating centre
Rotherham Doncaster and South Humber NHS Foundation Trust
Woodfield House
Tickhill Road
Doncaster
England
DN4 8QN

Study participating centre
Shifa Surgery
Bangor Street
Blackburn
England
BB1 6DY

Study participating centre
Sussex Community NHS Foundation Trust
Brighton General Hospital
Elm Grove
Brighton
England
BN2 3EW

Study participating centre
Newpark Surgery
Talbot Green Group Practice
Heol-y-gyfraith
Talbot Green
Pontyclun
Wales
CF72 8AJ

Study participating centre
The Grange Practice
The Montefiore Medical Centre
Dumpton Park Drive
Ramsgate
England
CT11 8AD

Study participating centre
The Robert Street Surgery
Manchester Square
Milford Haven
Wales
SA73 2JW

Study participating centre
Vauxhall Health Centre
111-117 Limekiln Lane
Liverpool
England
L5 8XR

Sponsor information

Organisation
Birmingham Community Healthcare NHS Trust

ROR
https://ror.org/04r10g051

Funder(s)

Funder type
Government

Funder Name
NIHR Central Commissioning Facility (CCF); Grant Codes: RP-PG-0618-20008

Results and Publications

Individual participant data (IPD) sharing plan
Controlled access on reasonable request

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article	version 5.0	28/12/2025	06/01/2026	Yes	No
Protocol file		22/05/2025	23/11/2026	No	No
Study website		11/11/2025	11/11/2025	No	Yes