

# Implementation intentions for creating and breaking habits in care provided to patients with type 2 diabetes: a dual process approach

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<b>Registration date</b> 20/04/2015	<b>Overall study status</b> Stopped	<input type="checkbox"/> Protocol
<b>Last Edited</b> 07/01/2021	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

A lot of money is spent on research and development of clinical guideline procedures but clinicians do not always stick to these guidelines. This means that patients do not always receive the best possible care. Recently, Diabetes UK teamed up with Newcastle University to develop three 'information prescriptions', which are a way of giving better health and lifestyle advice to patients with type 2 diabetes. The information prescriptions cover topics including haemoglobin A1c (HbA1c) levels, high blood pressure and high cholesterol. The information prescriptions have been installed nationwide on the computer systems of primary care practices (e.g. GP practices) and clinicians will be asked to use them during patient appointments. This study aims to examine whether the addition of a short planning intervention can help clinicians to develop a habit of using the information prescriptions with patients.

### Who can participate?

Health professionals familiar with the new information leaflet for type 2 diabetes.

### What does the study involve?

Participants are randomly put into one of two groups. One group is given a planning intervention for using the information prescriptions, and the other group will follow standard procedure. We are measuring how often the new information prescriptions are used at three different time points over a 6 month period with the help of a planning intervention. Usage is self-reported in the form of online questionnaires.

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

There are no risks associated with participation in this study. The only burden to the participants is the time that they need to spend completing online questionnaires. To make this easier we are using a small number of short questions.

### Where is the study run from?

Newcastle PCT (UK)

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

April 2015 to February 2017

Who is funding the study?

The Health Foundation (UK)

Who is the main contact?

Mr S Potthoff

## Contact information

### Type(s)

Scientific

### Contact name

Mr Sebastian Potthoff

### Contact details

Baddiley-Clark Bldg  
Richardson Road  
Newcastle upon Tyne  
United Kingdom  
NE2 4AX

## Additional identifiers

## Study information

### Scientific Title

Implementation intentions to facilitate habit formation in clinicians in type 2 diabetes care: a randomised controlled trial

### Study objectives

Clinicians who form both action and coping plans at baseline will provide more information prescriptions at 6 months follow-up.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Ethics Committee Newcastle University, Faculty of Medical Sciences, 29/01/2015, ref: 00849.

### Primary study design

Interventional

### Study design

An online randomised controlled trial looking at the usage of a new information prescription in type 2 diabetes care. Information prescriptions are designed to give people with diabetes the information they need to understand and improve on their health targets. This study is designed

to investigate whether the addition of a short planning intervention improves the uptake of the information prescriptions.

**Study type(s)**

Not Specified

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

Type 2 diabetes

**Interventions**

1. Questions prompting forming an action plan (AP) for using the information prescriptions
2. Questions prompting forming a coping plan (CP) for using the information prescriptions
3. Questions prompting forming an AP and CP for using the information prescriptions
4. Control group

**Intervention Type**

Behavioural

**Primary outcome(s)**

Self-reported number of information prescriptions provided at 6 month follow-up.

**Key secondary outcome(s)**

Self-reported levels of automaticity of using the information prescriptions.

**Completion date**

17/02/2017

**Reason abandoned (if study stopped)**

Participant recruitment issue

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

1. Clinical staff member within primary care
2. Access and experience with administering the new information leaflet
3. Male and female
4. Age 18 to 75

**Participant type(s)**

Health professional

**Healthy volunteers allowed**

No

**Age group**

Mixed

**Sex**

All

**Key exclusion criteria**

No experience with delivering advice to patients with the help of the information prescriptions.

**Date of first enrolment**

14/04/2015

**Date of final enrolment**

15/12/2015

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre****Newcastle PCT**

Benfield Road

Newcastle Upon Tyne Tyne and Wear

United Kingdom

NE6 4PF

**Sponsor information****Organisation**

Newcastle University

**ROR**

<https://ror.org/01kj2bm70>

**Funder(s)****Funder type**

Charity

**Funder Name**

The Health Foundation (UK)

**Results and Publications**

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

### **IPD sharing plan summary**

Available on request