

Preventing disease through opportunistic, rapid engagement by primary care teams using behaviour change counselling

Submission date 08/06/2006	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
Registration date 11/09/2006	Overall study status Completed	<input checked="" type="checkbox"/> Protocol
Last Edited 22/06/2016	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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Additional identifiers

Protocol serial number

G0501283

Study information

Scientific Title

Preventing disease through opportunistic, Rapid EngagEMent by Primary care Teams using behaviour change counselling

Acronym

PRE-EMPT

Study objectives

There are three main aims:

1. To determine whether exposing clinicians to blended learning of Behaviour Change Counselling (BCC) leads to patients making more positive changes regarding smoking, risky drinking, physical activity and unhealthy eating, and at what cost?
2. To examine if patients consulting with clinicians exposed to blended learning of Behaviour Change Counselling recall behavioural interventions more often and find them more acceptable and do they state that they intend to change more often?
3. To explore if clinicians exposed to blended learning of BCC feel more efficacious in advising on behaviour change, and committed to behaviour change counselling?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Multi-centre Research Ethics Committee (MREC) for Wales, 09/05/2007, ref: 07/MRE09/11

Study design

Cluster randomised trial with randomisation at the level of general practice

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Behaviour change counselling in patients with unhealthy lifestyles

Interventions

Clinicians in the experimental group will receive training in Behaviour Change Counselling, using a blended learning, multi-method approach including on-line learning and face to face seminar sessions. Clinicians will then use this when interacting with patients around health behaviour change. The comparison group will provide usual care with the offer of training after the study period.

Intervention Type

Behavioural

Primary outcome(s)

Proportion of patients showing important positive change in one or more of the four behaviours (smoking, alcohol use, exercise and healthy eating) at three months

Key secondary outcome(s)

Not provided at time of registration

Completion date

31/12/2010

Eligibility

Key inclusion criteria

1. Ability to provide informed consent
2. Aged 18 years and over
3. English speaking
4. Screening positive to any of the four behaviours (smoking, alcohol use, exercise and healthy eating)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Serious acute illness
2. Terminal illness
3. Severe psychiatric illness (as indicated by health professional)

Date of first enrolment

01/10/2006

Date of final enrolment

31/12/2010

Locations

Countries of recruitment

United Kingdom

Wales

Study participating centre
Cardiff University
Cardiff
United Kingdom
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Sponsor information

Organisation
Cardiff University (UK)

ROR
<https://ror.org/03kk7td41>

Funder(s)

Funder type
Government

Funder Name
National Prevention Research Initiative (NPRI) (UK) (ref: G0501283)

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	19/03/2013		Yes	No
Results article	results	09/10/2015		Yes	No
Protocol article	protocol	21/09/2010		Yes	No