

# Activity Increase Despite Arthritis: developing and evaluating an active management booklet for hip and knee pain

|                                        |                                                       |                                                                                                   |
|----------------------------------------|-------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <b>Submission date</b><br>18/05/2009   | <b>Recruitment status</b><br>No longer recruiting     | <input type="checkbox"/> Prospectively registered<br><input checked="" type="checkbox"/> Protocol |
| <b>Registration date</b><br>02/07/2009 | <b>Overall study status</b><br>Completed              | <input type="checkbox"/> Statistical analysis plan<br><input checked="" type="checkbox"/> Results |
| <b>Last Edited</b><br>19/10/2011       | <b>Condition category</b><br>Musculoskeletal Diseases | <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**  
SPON381-07

# Study information

## Scientific Title

Developing an active management booklet for hip and knee pain: an interventional single centre randomised controlled trial

## Acronym

AIDA

## Study objectives

Evidence-based booklet for older patients with hip or knee pain encourages physical activity and promoting autonomy.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

North East Wales Research Ethics Committee approved on 28th February 2008 (ref: 08/WNo03/5)

## Primary study design

Interventional

## Study design

Interventional randomised controlled single-centre study

## Study type(s)

Prevention

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

Osteoarthritis of hip and knee

## Interventions

Participants randomised to the intervention arm will receive new educational booklet. Participants randomised to the control arm will receive a patient information booklet about osteoarthritis produced by the Arthritis Research Campaign (ARC) at 1 month and 3 months follow-up.

## Intervention Type

Other

## Phase

Not Applicable

## Primary outcome(s)

1. Illness beliefs will be measured with the hip and knee pain beliefs questionnaire (HKBQ) measuring illness beliefs; score (1 = strongly disagree, 5 = strongly agree) at baseline, 1 month and 3 months follow-up
2. Treatment beliefs will be measured with a modified Exercise Attitude Questionnaire-18 (EAQ-18); score (1 = strongly disagree, 5 = strongly agree) at baseline, 1 month and 3 months follow-up

**Key secondary outcome(s)**

1. Western Ontario McMaster University Arthritis Index (WOMAC) measuring pain, stiffness and difficulty performing daily activities; score (0 = no pain, no stiffness, no difficulty; 10 = extreme pain, extreme stiffness, extreme difficulty) at baseline, 1 month and 3 months follow up
2. Tampa Scale for Kinesiophobia measuring fear of movement/re-injury; score on 4 point likert scale from strongly disagree to strongly agree at baseline, 1 month and 3 months follow-up
3. 12-item short form health survey (SF-12) measuring health and well-being by indicating which statement best describes your health at baseline, 1 month and 3 month follow-up
4. EQ-5D, a measure of health utility by indicating which statement describe health state at baseline, 1 month and 3 months follow-up
5. Client Service Inventory (CSRI) asking about contact with health care services at 3 months follow-up
6. International Physical Activity Questionnaire (IPAQ), a measure of physical activity at baseline, 1 month and 3 months follow up

**Completion date**

30/06/2009

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

1. Patients over 50 years old, either sex
2. Presenting in primary care with hip or knee pain within the last 12 months

Inclusion will not be dependent upon any diagnostic criteria for osteoarthritis, as these are inconsistently applied in primary care populations.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Inflammatory joint disease
2. Fractures
3. Arthroplasty referral
4. Prescription of potent opioid analgesia

Patients who have already participated in the focus groups and cognitive debriefing interviews will be excluded from the trial.

**Date of first enrolment**

20/01/2009

**Date of final enrolment**

30/06/2009

## Locations

**Countries of recruitment**

United Kingdom

Wales

**Study participating centre**

Department of Primary Care and Public Health

Wrexham

United Kingdom

LL13 7YP

## Sponsor information

**Organisation**

Cardiff University (UK)

**ROR**

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

## Funder(s)

**Funder type**

Government

**Funder Name**

Wales Office of Research and Development for Health and Social Care (WORD) (UK) (ref: 06/2/234)

## 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>  | feasibility study results | 01/08/2011   |            | Yes            | No              |
| <a href="#">Protocol article</a> | protocol                  | 04/09/2009   |            | Yes            | No              |