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The effects of a colorectal cancer screening programme for average-risk older Chinese adults

Submission date
04/08/2022

Recruitment status
No longer recruiting

Registration date
09/08/2022

Overall study status
Completed

Last Edited
05/12/2023

Condition category
Cancer

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol
Background and study aims
Colorectal cancer screening can help early detection of cancer. Motivational interviewing could be a strategy to increase people's intention and action toward screening. This study aims to estimate the feasibility and acceptability of the intervention and the preliminary estimation of its effect on screening intention and uptake, knowledge and health beliefs of participants.

Who can participate?
People aged between 50-75 years old without a history of colorectal cancer

What does the study involve?
The intervention group receive a motivational interviewing session

What are the possible benefits and risks of participating?
The potential benefits are that the participants may be motivated and have higher self-efficacy to obtain colorectal cancer screening. There are no risks involved in participation.

Where is the study run from?
The Neighbourhood Advice-Action Council (NAAC) (Hong Kong)

When is the study starting and how long is it expected to run for?
November 2021 to March 2022

Who is funding the study?
Investigator-initiated and funded (Hong Kong)

Who is the main contact?
Dr Dorothy Chan (Hong Kong)
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Contact information

Type(s)
Principal investigator

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Additional identifiers

Protocol serial number
21.0205

Study information

Scientific Title
Effects of a motivation-based, technology-enhanced colorectal cancer screening programme for average-risk older Chinese adults: An exploratory study

Study objectives
Participants who receive motivational interview sessions and information about access to screening will have colorectal cancer screening uptake

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 27/10/2021, The Chinese University of Hong Kong Survey and Behavioral Research Ethics Committee (G/F, Basic Medical Science Building; telephone not available; email not available), ref: SBRE-21-0205

Primary study design
Interventional

Study design
Exploratory pilot randomized controlled study

Study type(s)
Screening

Health condition(s) or problem(s) studied
Prevention of colorectal cancer

Interventions
Block randomisation with varying block sizes (6, 8,10 and 12) was used to optimise allocation concealment and maintain a good balance between groups throughout the subject recruitment period when eligible participants were randomly allocated into either the intervention group or the control group. The assignments to the intervention or control groups were sealed in opaque envelopes. The sequentially numbered, opaque, sealed envelopes were given to the participants in the sequence in which they enter the study.

The intervention group participants receive two sessions of motivational interviewing during the first 2 weeks (once per week, 1 h each), either onsite or through a real-time online Zoom meeting. One week after completing the motivational interviewing sessions, the interventionist will send interactive messages or phone calls to review the screening status of the participants. Participants will be encouraged to undergo screening and be provided with appropriate logistical support regarding the screening workflow (e.g., registration for the electronic health record sharing system, navigating and scheduling appointments). The control group participants receive the usual care and a fact sheet about CRC prevention.

Intervention Type
Behavioural

Primary outcome(s)
Faecal occult blood testing (FOBT)-based colorectal cancer screening uptake measured by checking the original receipt of attendance at 3 months since recruitment

Key secondary outcome(s)
1. Perceived barriers to screening measured using a questionnaire and after completion of the intervention
2. Perceived benefits of screening measured using a questionnaire and after completion of the intervention
3. Perceived self-efficacy of screening measured using a questionnaire and after completion of the intervention
4. Screening intention measured using a questionnaire and after completion of the intervention
5. Knowledge of colorectal cancer and screening measured using a questionnaire and after completion of the intervention

Completion date
31/03/2022

Eligibility

Key inclusion criteria
1. Age between 50 and 75 years old
2. No history of colorectal cancer and did not have a faecal immunochemical test (FIT) in the past 2 years or colonoscopy in the past 10 years

Participant type(s)
Healthy volunteer

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Total final enrolment
40

Key exclusion criteria
Does not meet inclusion criteria

Date of first enrolment
01/11/2021

Date of final enrolment
31/03/2022

Locations

Countries of recruitment
Hong Kong

Study participating centre
The Neighbourhood Advice-Action Council (NAAC)
Unit 4
Level 3
Community Recreation Building
Shan King Estate
Tuen Mun
Hong Kong
852

Sponsor information

Organisation
Chinese University of Hong Kong

ROR
https://ror.org/00t33hh48

Funder(s)

Funder type
Other

Funder Name
Investigator-initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study are not expected to be made available without consent from participants

IPD sharing plan summary
Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		12/10/2023	05/12/2023	Yes	No