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Physical activity for health in South Asian men with prostate cancer

Submission date
01/10/2025

Recruitment status
Recruiting

Registration date
03/10/2025

Overall study status
Ongoing

Last Edited
03/10/2025

Condition category
Cancer

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[X] Record updated in last year

Plain English summary of protocol

Background and study aims

Prostate cancer is the most common male cancer, with over 50,000 men diagnosed each year in the UK. Studies have shown that different ethnic groups are more or less likely to develop prostate cancer, with South Asian men less likely to develop prostate cancer than white men. This suggests that being South Asian is a protective factor in whether men develop prostate cancer. However, a higher proportion of South Asian men are diagnosed with advanced prostate cancer and die from prostate cancer than non-South Asian men. This research aims to investigate a physical activity intervention of brisk walking in men of South Asian heritage who have been diagnosed with prostate cancer. The main aims of the study are to see whether men are willing to join the study, and whether they stick to doing the physical activity. Overall, the study will help determine if the intervention shows potential promise and if a larger study is worthwhile.

Who can participate?

Adult men (≥18 years) of South Asian heritage who have previously diagnosed or newly diagnosed with localised or locally advanced prostate cancer.

What does the study involve?

The study will assess the acceptability of a brisk walking intervention (30 minutes a day, 5 days a week) across two hospitals and the feasibility of conducting a larger clinical trial to investigate whether this intervention improves health outcomes. Men will be asked to participate in a three-month brisk walking intervention and will receive support to motivate them to do so. They will complete questionnaires and logs to record their step count for 1 week when they join the study, and after 6 weeks, 3 months and four months. Information will also be collected from their medical records and through focus groups to find out how they felt about the physical activity. Interviews will also be carried out with some clinicians at the two hospitals to find out how they felt about the physical activity intervention.

What are the possible benefits and risks of participating?

No benefits and risks provided at registration.

Where is the study run from?

The University of Bristol, UK.

When is the study starting and how long is it expected to run for?
July 2025 to January 2027

Who is funding the study?
NIHR Bristol Biomedical Research Centre, UK

Who is the main contact?
Dr Nour Alhusein, nour.alhusein@bristol.ac.uk

Contact information

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Public, Scientific, Principal investigator

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Additional identifiers

Integrated Research Application System (IRAS)

355170

National Institute for Health and Care Research (NIHR)
203315

Protocol serial number
2025-858

Study information

Scientific Title
Physical activity for health in South Asian men with prostate cancer: a feasibility study

Acronym
Pro-SAPA

Study objectives
The primary research aim is to establish if a physical activity intervention for men of South Asian heritage with prostate cancer is acceptable and feasible for a larger-scale RCT.

Ethics approval required
Ethics approval required

Ethics approval(s)
approved 04/07/2025, West Midlands - Black Country Research Ethics Committee (2 Redman Place, Stratford/London, E20 1JQ, United Kingdom; +44 (0)207 104 8010, 207 104 8210, 2071048135; blackcountry.rec@hra.nhs.uk), ref: 25/WM/0113

Study design
Multicentre single-arm open-label feasibility trial

Primary study design
Interventional

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Physical activity in South Asian men with prostate cancer

Interventions
This research aims to investigate a physical activity intervention of brisk walking in men of South Asian heritage who have been diagnosed with prostate cancer. The study will look at the acceptability of the brisk walking intervention (30 minutes a day, on 5 days a week) across two hospitals, and the feasibility of later conducting a larger clinical trial to look at whether the brisk walking intervention improves health. Men will be asked to complete the brisk walking intervention for three months and will receive support to motivate them to do so. They will complete questionnaires and logs to record their step count for 1 week when they join the study, and after 6 weeks, 3 months and four months. Information will also be collected from their medical records and through focus groups to find out how they felt about the physical

activity. Interviews will also be carried out with some clinicians at the two hospitals to find out how they felt about the physical activity intervention. The main aims of the study are to see whether men are willing to join the study, and whether they stick to doing the physical activity. Overall, the study will help determine if the intervention shows potential promise and if a larger study is worthwhile.

Intervention Type
Behavioural

Primary outcome(s)
The feasibility of recruiting men of South Asian heritage with prostate cancer to a physical activity intervention and adherence to the intervention will be measured using questionnaires and logs to record their step counts for 1 week when they join the study, and after 6 weeks, 3 months and four months

Key secondary outcome(s))
1. Implementation fidelity: The extent to which participants complete the brisk walking intervention as prescribed (30 minutes/day, 5 days/week for 3 months).
2. Retention rate: Proportion of participants who remain in the study for the full duration of the intervention.
3. Feasibility of physical activity data collection: Completeness and usability of step count data recorded via pedometers/accelerometers and participant logs at baseline, 6 weeks, 3 months, and 4 months.
4. Feasibility of clinical and self-reported data collection: Completeness of participant-reported outcomes (e.g. symptoms, quality of life) and clinical data (e.g. PSA levels) from questionnaires and medical records.
5. Acceptability of the intervention: Participant and clinician feedback on the walking programme, gathered through focus groups and interviews.
6. Acceptability of trial procedures: Participant feedback on study processes, including reasons for declining participation.
7. Informing future trial design: Use of physical activity and outcome data to guide the development of a larger clinical trial.

Completion date
31/01/2027

Eligibility

Key inclusion criteria
Participants may enter the study if ALL of the following apply:
1. Adult men (≥18 years)
2. Previously diagnosed or newly diagnosed with localised or locally advanced prostate cancer
3. South Asian heritage
4. Capacity to give informed consent

Participant type(s)
Patient, Health professional

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
Male

Key exclusion criteria
Participants may not enter the study if ANY of the following apply:
1. Inability to give informed consent
2. Identified as unsuitable to participate by their clinician, e.g. due to co-morbidities, treatment being received, or any other contraindications to exercise
3. Use of a mobility aid other than a walking stick, which would prevent them from carrying out the brisk walking intervention
4. Inability to give informed consent

Date of first enrolment
08/10/2025

Date of final enrolment
02/10/2026

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Bradford Teaching Hospitals NHS Foundation Trust
Bradford Royal Infirmary
Duckworth Lane
Bradford
BD9 6RJ
Bradford
United Kingdom
BD9 6RJ

Study participating centre
North Bristol NHS Trust
Southmead Hospital, Southmead Rd, Bristol BS10 5NB
Bristol
United Kingdom
BS10 5NB

Sponsor information

Organisation
University of Bristol

ROR
https://ror.org/0524sp257

Funder(s)

Funder type
Research organisation

Funder Name
NIHR Bristol Biomedical Research Centre

Alternative Name(s)
NIHR Biomedical Research Centre Bristol, National Institute for Health Research Bristol Biomedical Research Centre, NIHR Bristol BRC, Bristol BRC, Bristol Biomedical Research Centre

Funding Body Type
Private sector organisation

Funding Body Subtype
Research institutes and centers

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study will be stored in the University of Bristol Research Data Repository with restricted access data.bris (https://data.bris.ac.uk/data/)

IPD sharing plan summary
Stored in publicly available repository

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?

Study website	Study website	11/11/2025	11/11/2025	No	Yes