ISRCTN47088337 https://doi.org/10.1186/ISRCTN47088337

Improving teenage self-management of asthma

Submission date	Recruitment status	[_] Prospectively registered
22/07/2015	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
23/07/2015	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
20/05/2021	Respiratory	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Public

Contact name
Dr Simone Holley

Contact details
Southampton General Hospital
Mailpoint 803
Southampton University Hospital NHS Trust
Tremona Road
Southampton
United Kingdom
SO16 6YD

Additional identifiers

Protocol serial number
19303

Study information

Scientific Title
Improving teenage self-management of asthma: randomised controlled trial

Acronym
ITSMyAsthma RCT

Study objectives
The aim of this study is to assess the effectiveness of a teenage asthma toolkit, designed to support healthcare professionals to empower teenagers to self manage their asthma.

Ethics approval required
Old ethics approval format

Ethics approval(s)
15/NW/0551

Primary study design
Interventional

Study design
Randomised; Interventional; Design type: Screening, Treatment

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Topic: Children, Respiratory disorders; Subtopic: All Diagnoses, Respiratory (all Subtopics); Disease: Respiratory, All Diseases

Interventions
Clinic – HCPs (doctors and nurses) will use the self-efficacy questionnaire to identify where participants need additional support to improve their asthma self-management skills. The needs of individual patients will then be used to identify specific behavioural interventions. These interventions will be applied in clinic.

Intervention Type
Behavioural

Primary outcome(s)
The primary outcome measure will be the asthma control test

Key secondary outcome(s)
N/A

Completion date
30/09/2017

Eligibility

Key inclusion criteria
1. Aged 12-18 years
2. Able to consent to participation in the study
3. Doctor diagnosed asthma
4. Prescription of a regular prophylactic medication for asthma (eg inhaled corticosteroid, montelukast)

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Lower age limit
12 Years

Upper age limit
18 Years

Sex
All

Key exclusion criteria
1. Lack of informed consent from them or their parent
2. Very poorly controlled asthma that, in the view of their paediatrician, requires a step up in preventer therapy
3. Significant other long term medical condition that has a day to day impact on their lives (should not usually include con-existing atopic diseases)

Date of first enrolment
15/07/2015

Date of final enrolment
31/05/2016

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Southampton General Hospital
Mailpoint 803
Southampton University Hospital NHS Trust
Tremona Road
Southampton
United Kingdom
SO16 6YD

Sponsor information

Organisation
Southampton University Hospitals NHS Trust & University of Southampton

ROR
https://ror.org/0485axj58

Funder(s)

Funder type
Charity

Funder Name
Asthma UK

Alternative Name(s)
asthmalunguk, Asthma + Lung UK, Asthma UK

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

IPD sharing plan summary

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Abstract results			20/05/2021	No	No
HRA research summary			28/06/2023	No	No