

# Using "IF-THEN" plans to increase physical activity

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<b>Registration date</b> 17/06/2019	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 06/09/2022	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Background and study aims

Implementation intentions (i.e., making if-then plans) are effective at changing behaviour. However, despite many studies showing this effect there are few studies that have been conducted on large samples and for more than a short term follow up. The aim of this study is to test the effectiveness of using two different interventions (standard volitional help sheet and single situation volitional help sheet) at increasing physical activity in comparison to a control group.

Who can participate?

UK adults who are capable of engaging in physical activity

What does the study involve?

Participants complete a series of questionnaires about their physical activity and are then randomly allocated to one of the three groups. The standard volitional help sheet includes a list of situations when people might not want to be physically active (e.g., If I'm tempted not to be physically active when I'm under a lot of stress) and a list of solutions to overcoming these (e.g., then I will make myself do some physical activity anyway because I know I will feel better afterward). Participants are asked to draw a line from the situations that are relevant to them to their chosen solutions. They can create as many situation and solution pairs as they want. The single situation volitional help sheet includes a stem but not a specific situation (e.g., If I'm tempted not to be physically active...) and a list of solutions to overcoming this (e.g., then I will make myself do some physical activity anyway because I know I will feel better afterward). Participants are asked to draw a line from the stem to them to their chosen solutions. They can create as many pairs as they want. The control group includes the same list as the standard volitional help sheet but people are asked just to tick situation and solutions that are relevant to them. After 6 months participants are asked the same physical activity questions to see if the intervention has increased their physical activity and also find who it will work best for.

What are the possible benefits and risks of participating?

The benefits of participating are that participants may increase their physical activity. There are no risks of participating.

Where is the study run from?  
University of Manchester (UK)

When is the study starting and how long is it expected to run for?  
May 2019 to June 2020

Who is funding the study?  
Tesco (UK)

Who is the main contact?  
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**Additional identifiers****Protocol serial number**

2019-7332-10682

**Study information****Scientific Title**

Using "IF-THEN" plans to increase physical activity

**Study objectives**

Current study hypothesis as of 18/10/2019:

1. The two conditions that complete a volitional help sheet (standard VHS and single situation VHS) will report greater physical activity and lower sedentariness at follow up than the control condition
2. Increases in physical activity/reductions in sedentariness will be associated with improved subjective well-being
3. The VHS interventions will be most effective for those who have developed high habits, awareness of standards, self-monitoring, self-regulatory effort, capabilities, opportunities and motivations to increase physical activity and are currently not meeting health behaviour guidelines (including physical activity, smoking, alcohol consumption and diet)

Previous study hypothesis:

1. The two conditions that complete a volitional help sheet (standard VHS and single situation VHS) will report greater physical activity and lower sedentariness at follow up than the control condition
2. Increases in physical activity/reductions in sedentariness will be associated with improved subjective well-being
3. The VHS interventions will be most effective for those who have high habits, awareness of standards, self-monitoring, self-regulatory effort, capabilities, opportunities and motivations to increase physical activity and are currently not meeting health behaviour guidelines (including physical activity, smoking, alcohol consumption and diet)

**Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Approved 21/06/2019, University Research Ethics Committee at the University of Manchester (Research Governance, Ethics and Integrity, 2nd Floor Christie Building, The University of Manchester, Oxford Road, Manchester, M13 9PL; 0161 275 2206/2674; research.ethics@manchester.ac.uk), ref: 2019-7332-10682

### **Study design**

Three-arm randomised controlled trial

### **Primary study design**

Interventional

### **Study type(s)**

Prevention

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

Physical activity

### **Interventions**

Participants complete a series of questionnaires about their physical activity and are then randomly assigned to one of the three conditions:

1. The standard volitional help sheet includes a list of situations when people might not want to be physically active (e.g., If I'm tempted not to be physically active when I'm under a lot of stress) and a list of solutions to overcoming these (e.g., then I will make myself do some physical activity anyway because I know I will feel better afterward). People are asked to draw a line from the situations that are relevant to them to their chosen solutions. They can create as many situation and solution pairs as they want.
2. The single situation volitional help sheet includes a stem but not a specific situation (e.g., If I'm tempted not to be physically active... ) and a list of solutions to overcoming this (e.g., then I will make myself do some physical activity anyway because I know I will feel better afterward). People are asked to draw a line from the stem to them to their chosen solutions. They can create as many pairs as they want.
3. The control condition includes the same list as the standard volitional help sheet but people are asked just to tick situation and solutions that are relevant to them.

After 6 months participants are asked the same physical activity questions to see if the intervention has increased their physical activity and also find who it will work best for.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

1. Physical activity is measured using the Sport England: Short active lives questionnaire and the IPAQ at baseline and 6 months follow up
2. Sedentary behaviour is measured using a sedentary behaviour questionnaire at baseline and 6 months follow up

### **Key secondary outcome(s)**

1. Capability, opportunity and motivation (based on COM-B model) is measured using the COM questionnaire at baseline and 6 months follow up
2. Habit is measured using the self-reported habit index (automaticity scale) at baseline and 6 months follow up
3. State self-regulation is measured at baseline and 6 months follow up (Sniehotta, F. F., Scholz, U., & Schwarzer, R. (2005). Bridging the intention-behavior gap: Planning, self-efficacy, and action control in the adoption and maintenance of physical activity. *Psychology & Health*, 20, 143–160. <http://dx.doi.org/10.1080/08870440512331317670>)
4. Daily smoking, weekly alcohol consumption and daily fruit and vegetable intake measured using three questions at baseline and 6 months follow up
5. Subjective well-being measured using the Office of National statistics measure of wellbeing at baseline and 6 months follow up

**Completion date**

28/02/2020

## Eligibility

**Key inclusion criteria**

UK adults who are capable of engaging in physical activity

**Participant type(s)**

Healthy volunteer

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Total final enrolment**

3085

**Key exclusion criteria**

1. Children
2. People who are not capable of engaging in physical activity
3. People not based in the UK

**Date of first enrolment**

08/07/2019

**Date of final enrolment**

16/08/2019

## Locations

**Countries of recruitment**

United Kingdom

### Study participating centre

YouGov will be distributing the questionnaires via its online platform

United Kingdom

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## Sponsor information

### Organisation

University of Manchester

### ROR

<https://ror.org/027m9bs27>

## Funder(s)

### Funder type

Industry

### Funder Name

Tesco

## Results and Publications

### Individual participant data (IPD) sharing plan

The data will be shared via OSF. However, people can contact Dr Tracy Epton (epton.tracy@gmail.com). The data will be available for 10 years, data will be freely available for anyone who wishes to use it. Consent from participants was obtained. The data will be fully anonymised.

The statistical analysis plan has been uploaded as an additional file (added 31/10/2019)

### IPD sharing plan summary

Available on request

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Statistical Analysis Plan</a>		29/10/2019	31/10/2019	No	No