ISRCTN66963621 https://doi.org/10.1186/ISRCTN66963621

RAPSID: Can peer supprt, delivered as a group or individual intervention, enable people with diabetes and improve their health? A RAndomised controlled trial of Peer Support In type 2 Diabetes

Submission date	Recruitment status
27/04/2012	No longer recruiting
Registration date	**Overall study status**
27/04/2012	Completed
Last Edited	**Condition category**
20/03/2015	Nutritional, Metabolic, Endocrine

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

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Mr Christopher Bunn

Contact details
Wolfson Diabetes Endocringology Clinic
Addenbrookes Hospital
Hills Road
Cambridge
United Kingdom
CB2 0QQ
-
christopher.bunn@addenbrookes.nhs.uk

Additional identifiers

Protocol serial number
6521

Study information

Scientific Title
RAPSID: Can peer supprt, delivered as a group or individual intervention, enable people with diabetes and improve their health? A RAndomised controlled trial of Peer Support In type 2 Diabetes

Acronym
RAPSID

Study objectives
RAPSID is a 12 month randomised controlled study among 1200 people with Type 2 diabetes across Cambridgeshire and neighbouring counties, assessing the effect of peer support (that is support by other people with diabetes) on metabolic control (eg glucose, weight, blood pressure). Measures of self management, beliefs and quality of life will be included. The trial includes 4 groups: all receive special educational information, 25% also receive 1:1 peer support, 25% group support and 25% both group and peer support. The peers will be trained and monitored in their work and will be supported by a nurse who will link them with GP/diabetes services if needed.

The RAPSID study is based on a fully evaluated pilot which included (i) Formative evaluation in existing groups to assist with the peer support design (ii) discussions with other global groups about the design and (iii) a full pilot of the three interventions.

The Main Trial commenced with a mail survey of barriers to care to understand who volunteers to come into the trial and to identify potential peers along with an invitation to participate. Randomisation is by geographical area.

More details can be found at http://public.ukcrn.org.uk/search/StudyDetail.aspx?StudyID=6521

Ethics approval required
Old ethics approval format

Ethics approval(s)
10/H0308/72

Primary study design
Interventional

Study design
Randomised; Interventional; Design type: Process of Care

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Topic: Diabetes Research Network, Primary Care Research Network for England; Subtopic: Type 2, Not Assigned; Disease: Diabetic Control

Interventions

Peer support, support by others with diabetes; Follow Up Length: 12 month(s)

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
HbA1c; Timepoint(s): 6 and 12 months

Key secondary outcome(s)
1. Blood pressure (BP) and lipids; Timepoint(s): 6 and 12 months
2. EQ5D quality of life; Timepoint(s): 6 and 12 months

Completion date
30/11/2013

Eligibility

Key inclusion criteria
Male and female particiants with type 2 diabetes aged between 18 and 80 years.; Target Gender: Male & Female

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
All

Key exclusion criteria
1. >18 years or <80 years

Date of first enrolment
04/01/2011

Date of final enrolment
30/11/2013

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Wolfson Diabetes Endocringology Clinic
Cambridge
United Kingdom
CB2 0QQ

Sponsor information

Organisation
Cambridge University Hospitals NHS Foundation Trust (UK)

ROR
https://ror.org/04v54gj93

Funder(s)

Funder type
Government

Funder Name
American Academy of Family Physicians Foundation Peers for Progress Program

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?
Results article	results	18/03/2015		Yes	No