

RAPSID: Can peer support, 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

27/04/2012

Recruitment status

No longer recruiting

Registration date

27/04/2012

Overall study status

Completed

Last Edited

20/03/2015

Condition category

Nutritional, Metabolic, Endocrine

☐ Prospectively registered

☐ Protocol

☐ Statistical analysis plan

☒ Results

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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Additional identifiers

Protocol serial number

6521

Study information

Scientific Title

RAPSID: Can peer support, 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

Study design

Randomised; Interventional; Design type: Process of Care

Primary study design

Interventional

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 participants 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 Endocrinology 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