

A randomised controlled trial of goal setting and pacing for cardiac patients not suitable for group-based cardiac rehabilitation

Submission date 23/01/2004	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 23/01/2004	Overall study status Completed	☐ Statistical analysis plan ☐ Results
Last Edited 16/06/2014	Condition category Circulatory System	☐ Individual participant data ☐ Record updated in last year

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

RRCC860F WATHALL

Study information

Scientific Title

Study objectives

Not provided at time of registration

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Not Specified

Health condition(s) or problem(s) studied

Cardiovascular diseases: Heart disease

Interventions

1. Goal-setting and pacing
2. Standard care
3. Attention control procedure

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

The primary outcome will be an increase in fitness measured in (METs) using a standardised exercise test. The patients will also keep an activity diary. Other variables to be measured will include anxiety and depression (Hospital Anxiety and Depression Scale), health beliefs (Illness Perception Questionnaire), this questionnaire has been shown to predict a number of aspects of recovery in post-MI patients, medical co-morbidity, the number of acute events (including hospital admissions), the number of consultations for cardiac reasons, risk factor profile, a cumulative secondary prevention score (using the method of the ASPIRE group), systolic and diastolic blood pressure at rest and following exercise and the EuroQOL, a measure of health-related quality of life. All of these measures have been validated for use in this patient group and will be piloted during Phase 1 for suitability when other measures may be added.

Key secondary outcome(s)

Not provided at time of registration

Completion date

03/01/2003

Eligibility

Key inclusion criteria

Coronary care patients

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

Patients who would normally be offered rehabilitation classes

Date of first enrolment

08/01/2000

Date of final enrolment

03/01/2003

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

94 Huntington Road

York

United Kingdom

YO31 8RP

Sponsor information**Organisation**

NHS R&D Regional Programme Register - Department of Health (UK)

Funder(s)

Funder type

Government

Funder Name

NHS Executive Northern and Yorkshire (UK)

Results and Publications

Individual participant data (IPD) sharing plan**IPD sharing plan summary**

Not provided at time of registration