

# A health promotion intervention to promote healthy living in patients aged 65 and over on discharge from hospital

<b>Submission date</b> 30/09/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 30/09/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 22/09/2009	<b>Condition category</b> Other	<input type="checkbox"/> 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

N0283122689

## Study information

Scientific Title

**Study objectives**

To design an effective health promotion intervention for people aged 65 and over, which can be easily used by health care professionals as a tool to initiate health promotion advice and encourage health behaviour changes. The focus for behaviour change in this study was increasing healthy eating and activity levels in the intervention group.

**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)**

Other

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

Healthy living promotion

**Interventions**

Randomised controlled trial:

1. Health promotion intervention in leaflet form
2. Patient satisfaction questionnaire

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Self-reported behaviour and cognition changes on healthy eating and levels of activity.

**Key secondary outcome(s)**

1. Health survey (SF-12)
2. General Health Questionnaire (GHQ-12)
3. Quality of life (EuroQol)

**Completion date**

31/01/2004

**Eligibility**

**Key inclusion criteria**

Patients aged 65 and over

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Senior

**Sex**

All

**Key exclusion criteria**

Does not match inclusion criteria

**Date of first enrolment**

01/01/2003

**Date of final enrolment**

31/01/2004

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

Worthing & Southlands Hospitals NHS Trust

Worthing

United Kingdom

BN11 2DH

**Sponsor information****Organisation**

Department of Health

**Funder(s)**

**Funder type**  
Government

**Funder Name**  
Sussex NHS Research Consortium (UK)

## 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?
<a href="#">Results article</a>	results	01/08/2004		Yes	No