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INTERACT Trial

Submission date 30/04/2013	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol [_] Statistical analysis plan [X] Results [_] Individual participant data
Registration date 04/07/2013	**Overall study status** Completed	
Last Edited 30/07/2015	**Condition category** Circulatory System	

Plain English summary of protocol

Background and study aims
Two facts regarding cardiovascular diseases are well established. First, that lowering blood pressure and cholesterol can reduce the risk of heart attacks and strokes to a great extent. Second, about half of all patients prescribed medication discontinue them after about 2 years. This leads to many thousands of avoidable deaths from cardiovascular disease and a significant economic health burden.
An important research question is how adherence to treatment (continuing with prescribed treatment) can be improved in a simple, acceptable and cost-effective way. This study aims to determine the extent to which text message reminders improve adherence to medication.

Who can participate?
Anyone with a mobile phone who has been prescribed cholesterol-lowering or blood pressure lowering treatment for the prevention of cardiovascular disease.

What does the study involve?
Participants are randomly allocated to receiving a programme of text messages or standard care. Participants allocated to text messages receive these for one year. Adherence to the starting medication is assessed after 6 months and after 18 months, using a questionnaire and measurements of blood pressure and blood cholesterol.

What are the possible benefits and risks of participating?
An improvement in medication adherence.

Where is the study run from?
The Wolfson Institute of Preventive Medicine and local London General Practices.

When is the study starting and how long is it expected to run for?
Started in 2012 and lasting until 18 months after the last patient is recruited.

Who is funding the study?
Queen Mary University of London

Who is the main contact?
Dr David Wald
Wolfson Institute of Preventive Medicine, London

Contact information

Type(s)
Scientific

Contact name
Dr David Wald

Contact details
Wolfson Institute of Preventive Medicine
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Additional identifiers

Protocol serial number
V2

Study information

Scientific Title
INvestigation of TExt message Reminders on Adherence to Cardiac Treatment

Acronym
INTERACT

Study objectives
To determine whether programmed text message reminders improve adherence to cardiovascular disease preventive medication.

Ethics approval required
Old ethics approval format

Ethics approval(s)
East London Research Ethics Committee 1, 28/01/2011, ref: 11/H0703/1

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Cardiovascular disease

Interventions
Text messages for one year or standard care

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Self-reported adherence assessed after 6 months and after 18 months

Key secondary outcome(s))
1. Blood pressure
2. Blood cholesterol
3. Health economic analysis

Completion date
01/09/2014

Eligibility

Key inclusion criteria
Any patient prescribed a blood pressure or cholesterol lowering medication and who owns a mobile phone.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
Does not meet inclusion criteria

Date of first enrolment
01/04/2012

Date of final enrolment
01/09/2014

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Wolfson Institute of Preventive Medicine
London
United Kingdom
EC1M 6BQ

Sponsor information

Organisation
Queen Mary University of London (UK)

ROR
https://ror.org/026zzn846

Funder(s)

Funder type
Research organisation

Funder Name
Queen Mary Innovation Fund (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?
Results article	results	05/12/2014		Yes	No