ISRCTN78088278 https://doi.org/10.1186/ISRCTN78088278

Remote peer mentorship in osteoarthritis

Submission date
10/05/2023

Recruitment status
No longer recruiting

Registration date
18/05/2023

Overall study status
Completed

Last Edited
20/01/2026

Condition category
Musculoskeletal Diseases

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

Plain English summary of protocol

Background and study aims
Osteoarthritis is a common joint condition mainly affecting older people. Hip and knee osteoarthritis may cause high levels of pain, social isolation and difficulty with daily activities. Osteoarthritis is more common in people experiencing socioeconomic disadvantage. In this study the researchers are developing and testing a new support programme that will involve trained volunteers with osteoarthritis ('peer mentors') helping other people with osteoarthritis learn how to manage their condition better. The support will be delivered remotely and tailored to people who feel disadvantaged by their finances, education or social circumstances.

Who can participate?
People over 18 years of age and diagnosed with hip and/or knee osteoarthritis; and experiencing socioeconomic disadvantage

What does the study involve?
To develop the peer-mentorship intervention, the researchers will carry out focus groups with people with osteoarthritis who are experiencing socioeconomic disadvantage to find out what could affect the success of the peer-mentorship programme when delivered remotely. Through public engagement activities the researchers will develop and finalise the peer-mentorship programme. They will then recruit and train volunteer peer mentors to deliver to study participants the 6-week peer-mentorship programme. The researchers will then evaluate the peer-mentorship programme with study participants to see what they thought of the programme and whether it affected their health behaviours. They will also interview peer mentors to explore their experiences of receiving training, support and delivering the programme.

What are the possible benefits and risks of participating?
This research is trying to find out whether remote peer mentorship for osteoarthritis is of any benefit to people with hip and/or knee osteoarthritis who are experiencing socioeconomic disadvantage. This study involves receiving weekly support sessions from a trained volunteer (peer mentor) to support the self-management of osteoarthritis. Receiving this type of support may help people learn how to manage their symptoms due to osteoarthritis. There are no direct risks to taking part in the study as the intervention is about supporting and educating people living with osteoarthritis to self-manage. Taking part in the study does not involve a change to routine care.

Where is the study run from?
The study is run from the University of Leeds, but open to NHS recruitment within Leeds Community NHS Trust and also Primary Care within Yorkshire & Humberside. Recruitment via social media will be UK-wide.

When is the study starting and how long is it expected to run for?
February 2023 to December 2024

Who is funding the study?
1. Nuffield Foundation (UK)
2. Versus Arthritis (UK)

Who is the main contact?
Prof. Gretl McHugh, g.a.mchugh@leeds.ac.uk

Contact information

Type(s)
Principal investigator

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Additional identifiers

Integrated Research Application System (IRAS)
326583

Central Portfolio Management System (CPMS)
56341

Protocol serial number
OBF/FR-000023819

Study information

Scientific Title

Remote osteoarthritis peer-mentorship for socioeconomically underserved people

Acronym
RaMIgO

Study objectives
To develop and assess the feasibility and perceived usefulness of a remote osteoarthritis (OA) peer-mentorship intervention for people with hip and knee OA who are experiencing socioeconomic disadvantage

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 02/06/2023, South Birmingham REC (South Birmingham Research Ethics Committee, Equinox House, City Link, Nottingham, NG2 4LA, UK; southbirmingham.rec@hra.nhs.uk), ref: 23/WM/0108

Primary study design
Interventional

Study design
Multi-centre pragmatic mixed-methods feasibility study

Study type(s)
Other

Health condition(s) or problem(s) studied
Self-management of hip and/or knee osteoarthritis

Interventions
Phase 1: intervention development of an OA peer-mentorship intervention using qualitative research and participatory approaches. The researchers will carry out group discussions with people with osteoarthritis who are experiencing socioeconomic disadvantage to find out what could affect the success of the peer-mentorship programme when delivered remotely. They will then carry out public engagement activities with community groups and people experiencing socioeconomic disadvantage to develop and finalise the programme.

Phase 2: intervention set-up which involves recruiting and training volunteer peer mentors to deliver the OA peer-mentorship intervention. The OA peer-mentorship intervention is supported by self-management education and guidance delivered to the study participants by trained Peer Mentors.

Phase 3: Process evaluation using mixed methods which will investigate the acceptability appropriateness, feasibility, fidelity and adoption of the intervention. The volunteer peer mentors will deliver the programme to 25 participants with hip or knee osteoarthritis. The researchers will collect information about the participants' health/wellbeing via questionnaires at the start of the programme. They will interview the participants immediately after they have completed the programme and again at 6 months. The interviews will explore areas such as what the participants thought of the programme and whether it affected their health behaviours. The researchers will also interview the peer mentors to explore their experiences of receiving

training, support and delivering the programme. Finally, they will carry out two Stakeholder Discussion Forums to explore how we could put the mentorship programme into practice.

Intervention Type
Other

Primary outcome(s)
Completion of mentorship sessions assessed using completed data summary sheets at 6 weeks (at least 80% of peer mentor/participant matches complete six mentorship sessions)

Key secondary outcome(s)
1. Demonstration that the osteoarthritis peer-mentorship can be delivered remotely, assessed using completed data summary sheets at 6 weeks
2. Acceptability of the intervention assessed using qualitative interviews post-intervention at 6 weeks and 6 months
3. Feasible solutions for addressing potential barriers to implementation of the intervention in practice, identified using two stakeholder discussion forums at the end of data collection (month 22)

Completion date
31/12/2024

Eligibility

Key inclusion criteria
1. Over 18 years of age
2. Diagnosed with hip/knee osteoarthritis by a health professional
3. Consider themselves to be experiencing socioeconomic disadvantage

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Mixed

Lower age limit
18 Years

Upper age limit
95 Years

Sex
All

Total final enrolment
52

Key exclusion criteria
1. Inflammatory arthritis (including gout and rheumatoid arthritis)
2. Serious health condition that would prevent participation
3. Unable to participate in remote (telephone, video call) peer-mentorship

Date of first enrolment
12/06/2023

Date of final enrolment
14/05/2024

Locations

Countries of recruitment
United Kingdom

England

Northern Ireland

Scotland

Wales

Study participating centre
Leeds Community Healthcare NHS Trust
Stockdale House
8 Victoria Road
Leeds
England
LS6 1PF

Sponsor information

Organisation
University of Leeds

ROR
https://ror.org/024mrxd33

Funder(s)

Funder type
Charity

Funder Name
Nuffield Foundation

Alternative Name(s)
NuffieldFound

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
United Kingdom

Funder Name
Versus Arthritis

Alternative Name(s)
Arthritis UK

Funding Body Type
Private sector organisation

Funding Body Subtype
Other non-profit organizations

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Funder report results		14/07/2025	20/01/2026	No	No
HRA research summary			20/09/2023	No	No
Protocol file		19/04/2023	17/05/2023	No	No