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# Randomised controlled trial to evaluate the effectiveness of inviting teenagers for a primary care consultation with health behaviour advice and follow-up care

**Submission date**
23/01/2004

**Recruitment status**
No longer recruiting

**Registration date**
23/01/2004

**Overall study status**
Completed

**Last Edited**
04/02/2014

**Condition category**
Other

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[_] Results
[_] 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**
Townsend RFG505 RCT

## Study information

## Scientific Title

## Study objectives
The trial will evaluate the effectiveness of inviting teenagers for a primary care consultation with health behaviour advice and appropriate follow-up. The focus will be on Health of the Nation issues of depression, sexual health and smoking habits. There is evidence that intervening at this age may reduce immediate health problems related to depression and sexual transmitted disease, and reduce smoking levels thus reducing long term risks of chronic disease.

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Not provided at time of registration

## Primary study design
Interventional

## Study design
Randomised controlled trial

## Study type(s)
Prevention

## Health condition(s) or problem(s) studied
Health behaviour

## Interventions
1. Usual care
2. Usual care plus primary care consultation with client-led health behaviour advice and follow-up

## Intervention Type
Other

## Phase
Not Specified

## Primary outcome(s)
1. The level of risk behaviour at three and twelve months post intervention. Level of health behaviour for smoking, alcohol use, diet, exercise. Level of knowledge for drugs and sexual health (self reported by questionnaire, smoking will be validated by cotinine saliva samples)
2. Mental health at three months and twelve months (using Beck Depression Inventory)
3. Physical health at three months and twelve months (self reported by questionnaire)
4. Achievement of health behaviour goals set by teenager at the consultation for three and twelve months (self-addressed)

## Key secondary outcome(s)
1. Teenagers' satisfaction with the consultations (questionnaire)
2. Appropriate use of services (questionnaire and medical records)

**Completion date**
31/12/2000

# Eligibility

**Key inclusion criteria**
Teenagers aged 14 and 15 years identified by the trial practices' age/sex registers within the six month recruitment period.

**Participant type(s)**
Patient

**Healthy volunteers allowed**
No

**Age group**
Other

**Sex**
Not Specified

**Key exclusion criteria**
Not provided at time of registration

**Date of first enrolment**
31/08/1998

**Date of final enrolment**
31/12/2000

# Locations

**Countries of recruitment**
United Kingdom

England

**Study participating centre**
**University of Hertfordshire**
Hatfield
United Kingdom
AL10 9AB

# Sponsor information

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

# Funder(s)

**Funder type**
Government

**Funder Name**
NHS Executive Eastern (UK)

# Results and Publications

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

**IPD sharing plan summary**
Not provided at time of registration