

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	☐ Prospectively registered ☐ Protocol
Registration date 23/01/2004	Overall study status Completed	☐ Statistical analysis plan ☐ Results
Last Edited 04/02/2014	Condition category Other	☐ 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

Study design

Randomised controlled trial

Primary study design

Interventional

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