

Effects of a Wellbeing and Healthy Lifestyle Program for People with Rheumatoid Arthritis

ACTRN12622000507785

Status	RECRUITING
Sponsor	Griffith University
Enrollment	25 participants

Plain Language Summary

Rheumatoid arthritis is a chronic condition where the body's immune system mistakenly attacks the joints, causing pain, stiffness, and swelling. While medications can help control the disease, living well with rheumatoid arthritis also depends heavily on lifestyle — staying active, eating well, managing stress, and avoiding smoking. This study is testing a comprehensive 20-week program that addresses all these areas together, delivered by a team of different health professionals.

The program combines individual sessions (both in person and via telehealth) with small group meetings to provide education, skills training, and support. Areas covered include psychological resilience, exercise, healthy eating, and stopping smoking. Participants are assessed before and after the program using questionnaires, physical tests, a dietary interview, and an activity tracker.

You may be eligible if you are an adult living in the Brisbane area with a confirmed diagnosis of rheumatoid arthritis managed with disease-modifying drugs, are able to walk, and are willing to try making lifestyle changes alongside your medication. People with heart conditions that prevent exercise, significant mobility problems in the lower limbs, other autoimmune conditions, or who are already receiving psychological treatment are not eligible.

Key Eligibility Criteria

Inclusion (2)

- Participants are adults with a diagnosis of RA according to 2010 criteria, where the disease has been managed with conventional or biologic disease modifying drugs (cDMARDs, bDMARDs).
- (i) living in Brisbane area and able to access intervention site as scheduled, (ii) ambulatory, (iii) willing to attempt change in lifestyle behaviours as an adjunct to RA medication.

Exclusion (1)

- (i) medical conditions contraindicated to exercise training (e.g., unstable angina) (ii) significant lower limb musculoskeletal impairment preventing stationary cycling use in assessment (iii) current or intended attendance in other similar program (iv) receiving psychiatric/psychological treatment (counselling or pharmacological) (v) other autoimmune condition (e.g. Celiac disease, inflammatory bowel disease).

Locations (2 total)

Princess Alexandra Hospital - Woolloongabba, QLD, Australia
Logan Hospital - Meadowbrook, QLD, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12622000507785>

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