

TEXT4HealthyHeart - texting for Cardiac Rehabilitation

ACTRN12622001070729

Status	RECRUITING
Sponsor	Illawarra Shoalhaven Local Health District
Enrollment	227 participants

Plain Language Summary

After a heart attack or other serious cardiac event, cardiac rehabilitation programs (CRPs) help people recover, manage their risk factors, and prevent future events through supervised exercise and lifestyle support. However, many participants in these programs are overweight or obese, which significantly increases their cardiovascular risk going forward. This study tests whether a 6-month daily text message program called TEXT4HealthyHeart can help people in the Shoalhaven Cardiac Rehabilitation Program lose weight and improve their health behaviours.

Participants receive automatically sent daily text messages covering weight management, nutrition, and physical activity. They also receive a step-counting device and a calendar to record their daily steps. Measurements of BMI, waist circumference, blood pressure, nutrition, and activity are collected at baseline, 3 months, and 6 months.

You may be eligible if you are 18 or older, have been referred to the Shoalhaven Cardiac Rehabilitation Program, can read a text message, and live within the local health district. People for whom exercise is medically contraindicated (until clearance is granted), those living in residential aged care, and those with significant cognitive impairment are not eligible.

Key Eligibility Criteria

Inclusion (3)

- People referred to the study CRP
- People greater than or equal to 18 years of age
- People who are able to read and understand a text message

Exclusion (4)

- People referred to the CRP who reside outside of the Local Health District and cannot attend the study site CRP
- People for whom exercise is medically contraindicated until medical exercise clearance consent is granted
- People who live in a residential aged care facility
- People with significant cognitive impairment due to factors such as dementia, mental illness and intellectual disability.

Locations (1 total)

NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12622001070729>

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