

HIPS/17/23 – Increasing uptake of bowel cancer screening: development and trial of a FIT planning support tool.

Bowel cancer is the second biggest cancer killer in Scotland, accounting for over 1,500 deaths per year. Screening can reduce deaths from bowel cancer if the people invited participate. The challenge is that high uptake is hard to achieve, and remains persistently below 60% in Scotland. A new bowel screening test (FIT) will be introduced in 2017. This proposal aims to increase uptake of the FIT by developing and testing a low cost planning support tool. Planning support tools have been successful in increasing physical activity and medication adherence, and in reducing smoking and alcohol use. This research will develop a planning support tool for bowel screening by: (i) identifying the key barriers and solutions people invited to complete the FIT experience (Studies 1&2); (ii) designing a user friendly FIT planning support tool by synthesising the results of Studies 1&2 with existing studies showing the effectiveness of planning support tools in other contexts, and working with the public to ensure the tool is relevant to future users (Study 3); (iii) testing the developed FIT planning support tool in a randomised trial (Study 4).