HIPS/16/46 – Developing theory based behaviour change interventions to minimise drop-out in randomised trials

This research aims to find new ways to minimise the damaging consequences of people dropping out of clinical trials. Clinical trials compare medical treatments to find out which work best. The number of people needed in a trial is worked out in advance to make sure the trial is big enough so that it produces a sound scientific conclusion. If a lot of people drop-out of the trial before it is finished, the trial conclusions may become unreliable or unusable. This research will interview people who have dropped out of trials to explore what led to drop-out. Interviews will especially focus on peoples' behaviour (what they did and why). We will then develop and test new ways to help people stay in trials targeting the specific barriers people have identified. Reducing drop-out will directly lead to more reliable evidence being available to the health service to improve patient care.