

# Clinical trials of Multiple risk factor interventions

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## 1 cardiovascular prevention

Trial	Treatments	Patients	Trials design and methods
<b>Multiple risk factor interventions vs control</b>			
<b>CELL , 1995</b> n=339/320 follow-up: 18 months	intensive" health care advice through six group sessions versus usual care	subjects aged 30-59 years, with at least two cardiovascular risk factors in addition to moderately high lipid concentrations: total cholesterol $\geq$ 6.5 mmol/l on three occasions, triglycerides $<$ 4.0 mmol/l, and ratio of low density lipoprotein cholesterol to high density lipoprotein cholesterol $>$ 4.0	Factorial plan open
<b>Family Heart , 1994</b> n=3436/5912 follow-up: 1 y	Nurse led programme using a family centred approach with follow up according to degree of risk. Counselling on diet, weight, smoking, exercise, alcohol versus control	men aged 40-59 and their partners	Parallel groups double-blind UK
<b>Gteborg Study , 1986</b> n=10004/20018 follow-up: 11.8 yr	multifactorial intervention programme on coronary heart disease versus no intervention	random sample of men age 47-55 y	open Sweden
<b>HDFP , 1979</b> [NCT00000498] n=5485/5455 follow-up: 5 yr	Stepped care: Antihypertensive drugs, diet, smoking advice, weight control, exercise versus usual primary care	persons with high blood pressure	Parallel groups open USA
<b>Helsinki Businessmen Study , 1985</b> n=612/610 follow-up: 5 yr	Multifactorial prevention of cardiovascular diseases versus no intervention	healthy men 40-58 y at high risk	Parallel groups open Finland
<b>Johns Hopkins , 1983</b> n=350/50 follow-up: 5 yr	health education interventions versus control	hypertensives men and women	Factorial plan open USA

continued...

<b>Trial</b>	<b>Treatments</b>	<b>Patients</b>	<b>Trials design and methods</b>
<b>Meland , 1997</b> n=69/58 follow-up: 1 y	patient-centred, self-directive intervention of lifestyle changes in general practice versus conventional care	men with high coronary heart disease risk	Parallel groups open
<b>MRFIT , 1982</b> [NCT00000487?acronym=] n=6428/6438 follow-up: 6 yr	special intervention (SI) program consisting of stepped-care treatment for hypertension, counseling for cigarette smoking, and dietary advice for lowering blood cholesterol levels versus no intervention	high-risk men aged 35 to 57 years	Parallel groups open
<b>Oslo , 1981</b> n=612/610 follow-up: 5 yr	recommendation to lower their blood lipids by change of diet and to stop smoking versus no intervention	healthy, normotensive men at high risk of coronary heart disease	Parallel groups open Oslo, Norway
<b>OXCHECK , 1994</b> n=8307/2783 follow-up: 3 yr	health checks by nurses versus no intervention	patients from general practice aged 35-64 years	Parallel groups open UK
<b>WHO Factories , 1982</b> n=30489/26971 follow-up: 6 years	multifactorial prevention of coronary heart disease versus no intervention	men employed in 80 factories in Belgium, Italy, Poland, and the UK	Parallel groups open Belgium, Italy, Poland, and the UK

More details and results :

- lifestyle intervention for cardiovascular prevention in all type of patients at <http://www.trialresultscenter.org/go-Q282>
- lifestyle intervention for cardiovascular prevention in primary prevention at <http://www.trialresultscenter.org/go-Q447>

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