Clinical trials of lifestyle intervention for cardiovascular prevention in primary prevention

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1 Multiple risk factor interventions

Trial	Treatments	Patients	Trials design and methods
Multiple risk factor interventions vs control			
CELL , 1995 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 >or = 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
Family Heart , 1994 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
Gteborg Study , 1986 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
Helsinki Businessmen Study , 1985 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
Johns Hopkins , 1983 n=350/50 follow-up: 5 yr	health education interventions versus control	hypertensives men and women	Factorial plan open USA
Meland , 1997 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
MRFIT , 1982 [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

continued...

Trial	Treatments	Patients	Trials design and methods
Oslo , 1981 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
OXCHECK , 1994 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
WHO Factories , 1982 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

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2 About TrialResults-center.org

TrialResults-center is an innovative knowledge database that collects the results of RCTs and provides dynamic interactive systematic reviews and meta-analysis in the field of all major heart and vessels diseases.

The TrialResults-center database provides a unique view of the treatment efficacy based on all data provided directly from clinical trial results, offering a valuable alternative to personal bibliographic search, published meta-analysis, etc. Furthermore, it would allow comparing easily the various concurrent therapeutic for the same clinical condition.

Rigorous meta-analysis method is used to populate TrialResults-center: widespread search of published and non published trials, study selection using pre-specified criteria, data extraction using standard form.

TrialResults-center is continually updated on a weekly basis. We continually search all new results (whatever their publication channel) and these news results are immediately added to the database with a maximum of 1 week.

TrialResults-center is non-profit and self-funded.