



REBUILD-SM Study

Trial title	A Randomised Clinical Trial of a digital Self-Management package for people with Interstitial Lung Disease (REBUILD-SM trial)
Trial synopsis	To find out if a smartphone application and self-management package designed for people with ILD will improve quality of life, reduce anxiety, depression, and symptoms, and increase physical activity and sense of autonomy. We would also like to know if this intervention will help patients as well as the healthcare system reduce the cost and burden of managing ILD
Investigational medicinal product, comparator and randomisation	The intervention group will have access to web-based learning modules and support from a self-management clinician, who will engage with the participant four times during the study via phone or video call. The comparator is standard of care plus a reduced functionality version of the app that does not include the educational resources or access to the self-management package. Patients in the control group will also receive four phone or video calls throughout the trial.
Disease target	Interstitial Lung Disease
Sponsor	The University of Sydney
Duration	Intervention period of 12 weeks, with follow-up at 26 and 52 weeks.
Trial Status	Recruiting
Trial phase	Non-pharmaceutical trial
Key inclusion criteria	<ul style="list-style-type: none">• ILD diagnosis• 18 years or older• Able to provide consent• Able to read and write adequately in English• Owns a smartphone / tablet• Digitally literate• Has an email address• On stable treatment for ILD for the 30 days prior to enrolment
Key exclusion criteria	<ul style="list-style-type: none">• Acute ILD exacerbation in the 30 days prior to enrolment• Participating in pulmonary rehabilitation at enrolment or during the 12-week intervention period



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	<ul style="list-style-type: none">• Death or transplant expected within the trial period
Number of participants sought	400
Lead site(s) in Australia	Royal Prince Alfred Hospital
Lead site(s) in New Zealand	N/A
Additional sites	<ul style="list-style-type: none">• The Alfred (VIC)• Austin Health (VIC)• The Prince Charles Hospital (QLD)
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