

Tailored physical activity intervention for the over-fifties.

No registrations found.

Ethical review	Not applicable
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON20453

Source

NTR

Brief title

N/A

Health condition

1. Interventiongroup 1: subjects receive a tailored intervention that will providetailed information on psychosocial and environmental determinants of physical activity for the over-fifties.
2. Intervengroup 2: subjects will receive a tailored intervention that will provide tailored information on psychosocial and environmental determinants of physical activity for the over-fifties extended with additional local activitites to stimulate physical activity.

Sponsors and support

Primary sponsor: ZonMw

Intervention

Outcome measures

Primary outcome

Change in physical activity behavior (0 months, 6 weeks, 3 months) using a validated questionnaire (SQUASH).

Secondary outcome

Changes on awareness and on determinants of changing and maintaining physical activity behaviour (0 months, 6 weeks, 3 months) using validated questionnaires.

Study description

Background summary

In this study, the feasibility and appreciation of two tailored physical activity interventions are evaluated. The study will have a double-blind longitudinal design. Two conditions will be included, in which the participants will be randomly assigned to:

1. the first intervention condition: subjects receive tailored advice three times on their psychosocial and environmental determinant of physical activity.

The intervention will tailor on three levels:

awareness of physical activity, behavioural change and maintenance of behavioural change.

2. the second intervention condition:
subjects receive tailored advice three times on their psychosocial determinants of physical activity and in more details on environmental determinants. Additionally, there will be an extra intervention to stimulate participation in local activities that stimulate physical activity among the over-fifties.

The two intervention conditions will receive tailored advice at three times: two weeks after baseline assessment, 1 month and 2 months after the first baseline assessment. During the implementation period, evaluation assessments will be taken at three times: at the start (T0: also the data base for the first and second tailored advice), after 1,5 month (T1: also the data base for the third tailored advice), and after 3 months (T2).

The results from the formative evaluation may guide the further development of the interventions. Topics are the feasibility and appreciation of the interventions by the participants.

Study objective

1. In the first intervention group, the % of subjects who meet the national physical activity guideline will significantly increase;

2. In the second intervention group the % of subjects who meet the national physical activity guideline will significantly increase more than the subjects in the first intervention group;
3. Feasibility and appreciation of the interventions will be evaluated.

Study design

N/A

Intervention

Two tailored physical activity interventions are developed. In the first intervention condition subjects will receive tailored advice three times on their psychosocial and environmental determinant of physical activity. The intervention will tailor on three levels: awareness of physical activity, behavioural change and maintenance of behavioural change. In the second intervention condition subjects will receive tailored advice three times on their psychosocial determinants of physical activity and in more details on environmental determinants. Additionally, there will be an extra intervention to stimulate participation in local activities that stimulate physical activity among the over-fifties.

The two intervention conditions will receive tailored advice at three times: two weeks after baseline assessment, 1 month and 2 months after the first baseline assessment. During the implementation period, evaluation assessments will be taken at three times: at the start (T0: also the data base for the first and second tailored advice), after 1,5 month (T1: also the data base for the third tailored advice), and after 3 months (T2).

Contacts

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Eligibility criteria

Inclusion criteria

Persons will be included if they are aged 50 or older.

Exclusion criteria

Persons are excluded if a physician advised against participating in physical activity or exercise.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Double blinded (masking used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	23-11-2006
Enrollment:	50
Type:	Actual

Ethics review

Not applicable	
Application type:	Not applicable

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL792
NTR-old	NTR805
Other	: N/A
ISRCTN	ISRCTN40888582

Study results

Summary results

N/A