

Prevention study on physical complaints in conservatory students.

No registrations found.

Ethical review	Not applicable
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON20462

Source

Nationaal Trial Register

Brief title

PRESTO

Health condition

playing-related musculoskeletal disorders, WRULD, CANS, music, postural exercise therapy Mensendieck/ Cesar

klachten gerelateerd aan musiceren, werkgerelateerde klachten van bovenste extremiteit, KANS, musici, oefentherapie mensendieck/ cesar

Sponsors and support

Primary sponsor: Maastricht University, FHML, CAPHRI research school, Department of Rehabilitation medicine

Source(s) of monetary or material Support: Limburg University Fund/ SWOL

Intervention

Outcome measures

Primary outcome

Disability (DASH).

Secondary outcome

1. Pain (McGill);
2. Quality of Life (SF-36).

Study description

Background summary

Rationale:

Up to 87% of professional classical musicians develop work-related complaints of the musculoskeletal system during their career. Previous research has identified several risk factors associated with music playing related complaints in physical, psychological and behavioral domains. Conservatory students are at specific risk for developing musculoskeletal complaints and disabilities. Prevention programs seem to be a promising development, although research on specific programs is insufficient.

Objective:

The first study objective is to evaluate the effectiveness of a specific prevention course on reducing and preventing disabilities from playing-related musculoskeletal disorders in Dutch conservatory students compared with a physical activity program. The second objective is to evaluate the cost-effectiveness of the abovementioned interventions.

Study design:

Multicentre, single-blinded, randomized controlled trial.

Study population:

Healthy, first year conservatory students will be recruited for participation.

Intervention:

“Presto-Play” is a prevention course based on theoretical models of behavior change, which comprises education about music playing-related health problems, evidence-based prevention strategies and postural training. “Presto-Fit” is a physical activity program, directed at behavior change regarding physical activity behavior. In the latter program activity monitoring (by pedometry) is used to increase physical activity. Total duration of both programs is 18 hours in 8 months; lessons will start at beginning of year 1.

Main study parameters/endpoints:

Main study parameter is disability. A mediator and moderator analysis will be performed. Supposed mediators are self-efficacy, depression/anxiety/stress, coping, pain catastrophizing and perfectionism. Supposed moderators are expectancy & credibility, experiences with musculoskeletal complaints, hypermobility, and physical activity. Secondary endpoints are pain and quality of life. Parameters to measure behaviour change are based on awareness of musculoskeletal complaints in musicians, motivation for change, and effect factors such as disability. A fidelity check is integrated in the process evaluation.

Study objective

Is a prevention program, based on principles of health behavior change, education about playing-related musculoskeletal disorders and postural training, more effective in preventing and/ or reducing disabilities from musculoskeletal complaints in conservatory students when compared with a physical activity program based on health behavior change using pedometer monitoring?

Study design

T0: Baseline (start school year 1 conservatory study);

T1: Week 10;

T2: Week 20;

T3: Post treatment (end school year 1);

T4: Follow-up: 16 months (start school year 3);

T5: Follow-up: 24 months (end school year 3).

Intervention

1. Presto-Play;

2. Presto-Fit.

“Presto-Play” is a prevention course based on theoretical models of behavior change, which comprises education about music playing-related health problems, evidence-based prevention strategies and postural training.

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Contacts

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Eligibility criteria

Inclusion criteria

First year bachelor music students:

1. Major classical music;
2. Major historical music;

3. Major music education.

Exclusion criteria

1. Singers;
2. Jazz/pop/musical students;
3. Students with a specific comorbidity as: Rheumatoid Arthritis, Ankylosing Spondylitis, Multiple Sclerosis;
4. Non Dutch or English speakers.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-11-2012
Enrollment:	152
Type:	Anticipated

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	NL3390
NTR-old	NTR3561
Other	TWOR : 2012/56 NL Presto
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

Baadjou VA, van Eijsden-Besseling MD, Samama-Polak AL, Smeets RJ, Passos VL, Westerterp KR. Energy expenditure in brass and woodwind instrumentalists: the effect of body posture. Med Probl Perform Art. 2011 Dec;26(4):218-23.