

Effectiveness of an evidence-based online injury prevention program for runners

No registrations found.

Ethical review	Positive opinion
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON21007

Source

NTR

Brief title

INSPIRE

Health condition

Running-related injuries

Sponsors and support

Primary sponsor: Erasmus MC University Medical Center Rotterdam, Department of General Practice

Source(s) of monetary or material Support: ZonMw (536001001)

Intervention

Outcome measures

Primary outcome

The number of self-reported running-related injuries

Secondary outcome

- Running days missed due to injuries
- Absence of work due to injuries
- Place of the injury

Study description

Background summary

Rationale: Running Related Injuries (RRIs) are very frequent among all types of runners and frequently mentioned as reason to stop running. It is therefore important to prevent injuries in all types of runners, since this will reduce medical cost, prevent dropouts from running and will enhance physical activity with its associated health benefits. Several risk factors for RRIs have been found in literature. Therefore, preventive measures as a target for these risk factors can be introduced.

Study objective

An evidence-based online injury prevention program will decrease the number of self-reported running-related injuries.

Study design

Online questionnaires at registration (baseline), two weeks before the event, directly after the event and one month after the event

Intervention

The intervention includes a tailored online advice for the prevention of running-related injuries, based on the risk factors that have been determined in the current available scientific literature. The focus of the intervention will be on personal factors, training factors, running biomechanics and equipment.

Contacts

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Eligibility criteria

Inclusion criteria

Runners, aged 18 or above, that sign up for one of the Like2Run events in the South-West of the Netherlands in 2016-2017

Exclusion criteria

Participants are excluded if they are unwilling to participate in the study, do not have access to a computer or e-mail services or have no knowledge of the Dutch language. Also participants that register less than 2 months before the running event will be excluded.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL
Recruitment status: Pending
Start date (anticipated): 01-09-2016
Enrollment: 1106
Type: Anticipated

IPD sharing statement

Plan to share IPD: Undecided

Ethics review

Positive opinion
Date: 22-08-2016
Application type: First submission

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 NL5843

NTR-old NTR5998

Other MEC-2016-292 (Medische Ethische Toetsings Commissie, Erasmus MC) :
536001001 (ZonMw)

Study results

Summary results

N.A.