Physical activity intervention for adults with ID.

No registrations found.

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

Summary

ID

NL-OMON21323

Source
NTR

Brief title
Abrona ACTIEF

Health condition

Lack of physical activity, intellectual disabilities, obesity.
Lichamelijke inactiviteit, verstandelijke beperking, obesitas.

Sponsors and support

Primary sponsor: Erasmus Medical Center Rotterdam, the Netherlands
Source(s) of monetary or material Support: Abrona, care provider for people with ID

Intervention

Outcome measures

Primary outcome

1. Physical activity questionnaire for adults with ID (PAQ-ID);

2. Motion sensor for physical activity monitoring.

Secondary outcome

1. Grip strength;

2. Comfortable Walking speed;

3. 30 sec Chair Stand;

4. 5 times Chair Stand;

5. Weight/height;

6. Waist, hip and calf circumferences;

7. Blood pressure;

8. Attitude of adults with ID towards physical activity behavior;

9. Stages of change and barriers of adults with ID;

10. Fear of falling;

11. Pain;

12. Experiences and preferences regarding PA
Barthel Index;

13. Lawton IADL scale;

14. Mobility questionnaire;

15. EQ-5D;

16. Aberrant Behavior Checklist.

Study description

Background summary

Rationale:

Physical activity levels are very low in adults with intellectual disabilities (ID), and physical activity promotion for the general population is not feasible in this group, due to the specific characteristics of adults with ID and specific characteristics of their support/care setting.

Objective:

This study aims to investigate the effectiveness of a multicomponent intervention in promoting physical activity among adults with ID.

Study design:

Quasi-experimental repeated measures design.

Study population:

Adults with intellectual disabilities, receiving residential care from the ID care service Abrona.

Intervention:

After a control period of 12 weeks, the entire study sample receives the 12-week intervention which aims at changing behavior of adults with ID (increase of physical activity) and changing behaviour of primary care givers (integrate sufficient physical activity in their daily support or care). The intervention starts with a Quickscan, after which the staff and the clients participate in an education session about the relevance of physical activity and possibilities to be active for people with chronic illnesses. The primary care givers receive advice from a physical activity coach, based on the results of the Quickscan. After setting goals for 12 weeks, the physical activity coach continues to coach the primary care givers throughout the process, and visits the living facility twice to demonstrate easy group activities. Participants receive a T-shirt with bag at the start, and a medal and certificate at the end, and the team as a whole collect symbolic euro’s every time a participant completes a Quickscan.

Main study parameters/endpoints:

The primary study parameter is the difference in physical activity of the adults with ID.

Study objective

This study aims to investigate the effectiveness of a multicomponent intervention in promoting physical activity among adults with ID.

Study design

A repeated-measures design will be used to execute this study: The participants will first undergo a control period of the same length (‘waiting list procedure’) as the intervention period (both 12 weeks). Measurements will take place at the start of the 12-week control period, at the end of the 12-week control period, which is the start of the 12-week intervention period too, at the end of the 12-week intervention period and after a follow-up of three months after the intervention period.

Intervention

The intervention is called ‘Abrona ACTIEF’, and the letters from the word ‘ACTIEF’ are an acronym of the six components of the multicomponent behavioural intervention. The six components are:

A: Advising;

C: Coaching;

T: Testing;

I: Sharing of Information;

E: Education;

F: Rewards (Dutch: feliciteren).

Participant will first run through a 12 week control period after certain measurements. Tests will be done after these 12 weeks. Participants will then start the intervention, which takes 12 weeks as well.

The intervention contains an educative workshop for the supervisors and participants, two demonstrations of the kind of exercises that can be done, a personal advice, coaching for supervisors and save for a reward together and personally.

Contacts

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Eligibility criteria

Inclusion criteria

1. Age 18 years and over;

2. Having an intellectual disability;

3. Receiving residential care from the ID care service Abrona;

4. Informed consent from participant or legal representative.

Exclusion criteria

Severe illness.

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	05-11-2012
Enrollment:	116
Type:	Anticipated

Ethics review

Positive opinion Date:	07-12-2012
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	NL3593
NTR-old	NTR3744
Other	METC Erasmus MC : 2012-348
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results
N/A