Active2Gether

No registrations found.

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

Summary

ID

NL-OMON22118

Source
NTR

Health condition

This study will be conducted in healthy young adults and aims to prevent cardiovascular and other metabolic diseases

Sponsors and support

Primary sponsor: VU Medical Center Amsterdam and VU University Amsterdam
Source(s) of monetary or material Support: This research is supported by Philips and Technology Foundation STW, Nationaal Initiatief Hersenen en Cognitie NIHC under the Partnership program Healthy Lifestyle Solutions (grant no 12014).

Intervention

Outcome measures

Primary outcome

levels of physical activity (moderate, vigorous, moderate-vigorous); minutes of moderate-vigorous per week after 3 months

Secondary outcome

number of stairs taken per week, weekly minutes of sports participation, weekly minutes of active transport

levels of self-efficacy, outcome expectation, social norm, intention, self-regulation after 3 months

Study description

Background summary

The aim of the Activ2Gether (A2G) app, is to contribute to empowering young adults to be and remain physically active. A2G makes use of personalized, real-time and context specific feedback and an activity tracker (Fitbit). A2G uniquely combines behavior change techniques with a model-based reasoning system in order to provide context specific coaching messages. The messages are based on proven behavior change techniques (e.g., self-monitoring, goal-setting, social-comparison) and are framed in an autonomy-supportive style. Furthermore, social network techniques will be used to influence beliefs and subsequent behavior.

Study objective

Active2Gether effectively increases levels of physical activity in young adults.

Study design

3 time points:

baseline (T1): (intake questionnaire & Actigraph)

1.5 months follow-up (T2): intake questionnaire
and evaluation at 3-month follow- up (T3): Intake questionnaire & Actigraph

Intervention

A2G intervention will be delivered through an web-based app, adjusted for the intervention condition.

The A2G intervention – including tailoring based on the computational model – will be compared with: (a) the A2G intervention with random coaching messages, (b) the Fitbit condition, where participants will only receive a Fitbit device and access to the Fitbit website, (c) the control group, where the participants
will solely receive general information about physical activity through the A2G app.

16-sep-2016 NEW:
a) The A2G intervention with tailored coaching messages, social comparison and self-monitoring
b) The A2G intervention without coaching messages and only social comparison and self-

monitoring
c) The Fitbit group with a Fitbit and the Fitbit app

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Eligibility criteria

Inclusion criteria

Healthy young adults aged 18-30 years living in the Netherlands and Dutch speaking

Exclusion criteria

have diseases and medications known to alter metabolic rate; have major orthopedic limitations or are morbidly obese.

Study design

Design

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

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	10-01-2016
Enrollment:	150
Type:	Anticipated

IPD sharing statement

Plan to share IPD: Undecided

Ethics review

Positive opinion

Date:	08-01-2016
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	NL5365
NTR-old	NTR5630
Other	NA : 12014

Study results

Summary results
Klein, M.C.A., Manzoor, A., Middelweerd, A., Mollee, J.S., te Velde, S.J. (2015). Encouraging Physical Activity via a Personalized Mobile System. In IEEE Internet Computing, 19(4), 20-27.