

BAMBEA (Bewegen in AMsterdam met BEAcons)

No registrations found.

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

Summary

ID

NL-OMON22300

Source

NTR

Brief title

BAMBEA (Bewegen in AMsterdam met BEAcons)

Health condition

sedentary lifestyle, inactieve levensstijl

Sponsors and support

Primary sponsor: Lectoraat Kracht van Sport
Hogeschool van Amsterdam

Source(s) of monetary or material Support: Stadsdeel Amsterdam Oost
ACIN
URBAN VITALITY

Intervention

Outcome measures

Primary outcome

1) Beweeggedrag deelnemers in Oosterpark

- a. Afstand: de afstand die deelnemers afleggen in het park wordt opgeslagen in de app en na een training automatisch via het internet verstuurd naar de onderzoeker.
 - b. Duur: in ieder geval de tijdsduur van de aanwezigheid in het park.
 - c. Snelheid: de snelheid waarmee deelnemers bewegen wordt in eerste instantie ahv gps en later mogelijk mbv de beacons berekend.
- 2) Mate van (intrinsieke) motivatie (vragenlijst: EMI-II). Gebaseerd op SDT.
- 3) Fase van gedragsverandering volgens Transtheoretical model (URICA-E2, stages of change measure)

Secondary outcome

x

Study description

Study design

10 weeks

Intervention

Use of the BAMBEA app that supports to become more physically active.

Contacts

Public

Hogeschool van Amsterdam

Nicky Nibbeling
dr. Meurerlaan 8

Amsterdam 1067 SM
The Netherlands
tel: 0621156503

Scientific

Hogeschool van Amsterdam

Nicky Nibbeling
dr. Meurerlaan 8

Amsterdam 1067 SM

Eligibility criteria

Inclusion criteria

- 1) 18 - 55 jaar
- 2) informed consent signed,
- 3) in possession of Android smart phone (bluetooth 4.0 minimal (from Android 4.4)),
- 4) living close to the Oosterpark,
- 5) inactive lifestyle but with the intention to become more physically active.

Exclusion criteria

x

Study design

Design

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

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-12-2015

Enrollment: 50
Type: Anticipated

Ethics review

Positive opinion
Date: 21-01-2016
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	NL5617
NTR-old	NTR5724
Other	METC : U16.001277

Study results