

# Tilburg University Physical Activity Trial

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON23589

### Source

NTR

### Brief title

WLL

### Health condition

Overweight, obesity, physical inactivity

## Sponsors and support

**Primary sponsor:** None

**Source(s) of monetary or material Support:** National Institute for Public Health & the Environment

Health Care Research & Health Economics

Antonie van Leeuwenhoeklaan 9

3720 BA, Bilthoven

## Intervention

## Outcome measures

### Primary outcome

Gym attendance

### Secondary outcome

Body composition (weight and fat percentage)

self reported fitness

## Study description

### Background summary

2 arms are offered different incentive-based commitment schemes to enhance gym attendance.

For the purpose of blinding, no further details are provided here.

The trial is reviewed and accepted by the ethical review committee of Tilburg University

### Study objective

It is expected that participants will attend their gyms regularly as a result of our commitment scheme

### Study design

13 weeks, 26 weeks, 52 weeks

### Intervention

2 arms are offered different incentive-based commitment schemes to enhance gym attendance.

For the purpose of blinding, no further details are provided here.

## Contacts

### Public

Tranzo, Scientific Center for Care & Welfare - Tilburg School of Social and Behavioral Sciences

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## **Scientific**

Tranzo, Scientific Center for Care & Welfare - Tilburg School of Social and Behavioral Sciences

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## **Eligibility criteria**

### **Inclusion criteria**

BMI 25-40

Age 18-65

Member of High Five fitness

Participants have the goal to exercise regularly

### **Exclusion criteria**

People who plan to leave the country for more than 4 weeks in the next 26 weeks

## **Study design**

## Design

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

## Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	14-03-2016
Enrollment:	150
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 NL5276

NTR-old NTR5559

**Register ID**

Other      psychologisch ethische toetsingscommissie van Tilburg University : EC-2014.42a

**Study results**