

# HIIT-the track: High Intensity Interval cycle-ergometer exercise Training in people with Parkinson's Disease

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON24797

### Source

Nationaal Trial Register

### Brief title

HIIT\_parkinson

### Health condition

Parkinson

## Sponsors and support

**Primary sponsor:** Vumc

**Source(s) of monetary or material Support:** Dutch Parkinson Society

## Intervention

## Outcome measures

### Primary outcome

UPDRS-II and III

### Secondary outcome

motor aspects (walking, balance), non-motor aspects (mood, cognition), blood biomarkers (BDNF, NfL)

## Study description

### Background summary

We will investigate the effects of High Intensity Interval Training on motor and non-motor outcomes in people with Parkinson's disease

### Study objective

HIIT improves motor and non-motor outcomes.

### Study design

ABACA or ACABA design with B and C being intervention phases and A baseline phases with weekly assessments, total duration 28 weeks

### Intervention

HIIT and Continuous Aerobic training

## Contacts

### Public

Amsterdam UMC-VUmc  
Erwin van Wegen

020-4440461

### Scientific

Amsterdam UMC-VUmc  
Erwin van Wegen

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## Eligibility criteria

## Inclusion criteria

1) diagnosis of PD according to brain bank criteria, 2) Hoehn-Yahr stage 1 -3, 3) sufficient cognition to comprehend training instruction (Moca score >21) and 4) able to provide written informed consent.

## Exclusion criteria

1) history of neurologic deficits other than PD, 2) severe fluctuating responses to medication, 3) psychiatric, musculoskeletal, cardiac or metabolic disorders prohibiting participation in intensive exercise training.

## Study design

### Design

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

### Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	10-02-2020
Enrollment:	4
Type:	Anticipated

### IPD sharing statement

**Plan to share IPD:** Undecided

## Ethics review

Positive opinion

Date: 10-02-2020  
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	NL8367
CCMO	NLx029.20

## Study results