

No registrations found.

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

Summary

Source

NTR

Brief title

COFIT-20

Health condition

severe mental illness

Sponsors and support

Primary sponsor :	W. Cahn
Source(s) of monetary or material Support :	ZonMw

Intervention

No registrations found.

Outcome measures

Primary outcome

Feasibility as measured with a questionnaire based on the MIDI and attendance rate.

Secondary outcome

Symptom severity as measured with the BSI and quality of life as measured with the WHO-QoL bref.

Study description

Background summary

The COVID-19 pandemic has changed our society drastically. This affects everyone but might impact patients with a severe mental illness (SMI) even more. Physical activity can have a positive effect on psychiatric symptoms, quality of life, social and cognitive functioning and physical health in people with a severe mental illness (ref) and might be of use to mitigate the negative effects of the pandemic on the mental health of people with SMI. The aim of this study is to set up a videoconferencing sport intervention for people with SMI to investigate whether it is feasible for people with SMI to join in a videoconferencing sport intervention during the COVID-19 pandemic. In addition, we will estimate preliminary effects on symptom severity and quality of life.

Study objective

Exercise via live videoconferencing is feasible for people with SMI and might mitigate the negative effect of the COVID-19 pandemic on mental health.

Study design

Baseline and follow-up at 12 weeks

Intervention

Twice weekly group exercise (pilates and/or fitness) via live videoconferencing for a duration of 12 weeks.

Contacts

Public

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Scientific

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Eligibility criteria

Inclusion criteria

severe mental illness, possessing a device with webcam and Internet connection and age between 16-70.

Exclusion criteria

Unable to perform physical exercise.

Study design

Design

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

Recruitment

NL

Recruitment status :	Recruiting
Start date (anticipated) :	09-06-2020
Enrollment :	70
Type :	Anticipated

IPD sharing statement

Plan to share IPD :	Yes
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Plan description

Data is available on request at the corresponding author.

Ethics review

Positive opinion	
Date :	29-10-2020
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	NL9007
Other	METC UMCU, but study is non WMO : 20-313/C

Study results