

# Walking and cognition in older people with dementia

No registrations found.

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

## Summary

### ID

NL-OMON26787

### Source

Nationaal Trial Register

### Brief title

N/A

### Health condition

dementia  
Alzheimer  
cognition  
memory  
executive functioning  
depression  
anxiety  
rest-activity rhythm

dementie  
cognitie  
geheugen  
executieve functies  
depressie  
angst  
rust-activiteitsritme

## Sponsors and support

**Primary sponsor:** VU University, Amsterdam, The Netherlands

**Source(s) of monetary or material Support:** Fontis Amsterdam  
The Netherlands

## Intervention

## Outcome measures

### Primary outcome

Cognition:

- Rivermead Behavioural Memory Test
- Eight words test
- Digit span
- Category fluency
- Letter fluency

### Secondary outcome

Mood:

- Geriatric Depression Scale
- Symptoms Checklist, Anxiety
- Rest-activity rhythm (actiwatch)

## Study description

### Background summary

N/A

### Study objective

Walking benefits cognition, executive control processes in particular

## Study design

baseline (T1), after 6 weeks (T2), again after 6 weeks (T3)

## Intervention

Experimental group:

Walking, for 30 minutes, 5 days a week, for 6 weeks

Control group:

Social visit, for 30 minutes, 5 days a week, for 6 weeks

## Contacts

### Public

Department of Clinical Neuropsychology  
VU University

Laura Eggermont  
Van der Boechorststraat 1

Amsterdam 1081 BT  
The Netherlands

### Scientific

Department of Clinical Neuropsychology  
VU University

Laura Eggermont  
Van der Boechorststraat 1

Amsterdam 1081 BT  
The Netherlands

## Eligibility criteria

### Inclusion criteria

1. Age higher than 70 years old

2. A diagnosis of dementia reported in the medical status
3. Being able to walk for short distances with or without a walking aid

## Exclusion criteria

1. A Mini-Mental State Examination score of  $< 10$  or  $> 24$
2. Serious visual disturbances
3. Serious hearing difficulties
4. History of alcoholism
5. Personality disorders
6. Cerebral trauma
7. Hydrocephalus
8. Neoplasm
9. Disturbances of consciousness
10. Focal brain disorders

## Study design

### Design

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

### Recruitment

NL	
Recruitment status:	Suspended
Start date (anticipated):	01-01-2004

Enrollment: 100  
Type: Anticipated

## Ethics review

Positive opinion  
Date: 20-03-2008  
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	NL1185
NTR-old	NTR1230
Other	METC : 04.209
ISRCTN	ISRCTN wordt niet meer aangevraagd

## Study results

### Summary results

N/A