Train the sedentary brain: move smart to reduce the risk of dementia. Sub study: Alternating aerobic and strength exercise in APOEe4 carriers and non-carriers in early stage dementia: effects and dose-response relation.

No registrations found.

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

Summary

ID

NL-OMON26925

Source
Nationaal Trial Register

Health condition

Dementia, Alzheimer's Disesae, cognitive impairment, apolipoprotein E4, exercise, physical activity - dementie, ziekte van Alzheimer, cognitieve achteruitgang, apolipoproteine E4, fysieke activiteit, beweging

Sponsors and support

Primary sponsor: University Medical Center Groningen
Source(s) of monetary or material Support: ZonMW

Intervention

Outcome measures

Primary outcome

Cognitive functioning: verbal and visual-spatial memory, working memory, executive functioning (set-shifting, response inhibition), attention and psychomotor speed.

Secondary outcome

Physical fitness measured with performance-based tests, level of physical activity, ADLs, mood and quality of life

Study description

Study objective

A 6-month combined strength and aerobic training is feasible in patients with early-stage dementia and has positive effects on cognitive and physical functions, as well as mood, quality of life and activities of daily living. The association between physical activity and cognition is moderated by the presence of the ApoE4 allele.

Study design

Full assessments at pretest, after 12 weeks and posttest (after 24 weeks). Short assessments after 6, 18 and 36 (follow-up) weeks.

Intervention

Combined strength and aerobic training with a duration of 6 months, 3 times a week for 30 minutes.

Contacts

Public
Center for Human Movement Sciences, University Medical Center Groningen Room 214, Building 3216

L.M.J. Sanders
Antonius Deusinglaan 1

Groningen 9713 AV

The Netherlands
Scientific
Center for Human Movement Sciences, University Medical Center Groningen Room 214, Building 3216

L.M.J. Sanders
Antonius Deusinglaan 1

Groningen 9713 AV
The Netherlands

Eligibility criteria

Inclusion criteria

Age ¡Ý 65 years; diagnosis of dementia; visiting daycare at least three times a week; able to perform the Timed Up & Go Test with or without assistive device, and a Mini Mental State Examination score higher than 20.

Exclusion criteria

Wheelchair bound, severe cardiovascular problems that limit physical activity, brain trauma, epilepsy, progressive or terminal disease, severe depression, history of alcoholism, severe visual problems, severe auditory problems, problems with the Dutch language and mental incompetence.

Study design

Design

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

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	16-02-2015
Enrollment:	128
Type:	Anticipated

Ethics review

Positive opinion

Date:	02-03-2015
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 41982
Bron: ToetsingOnline
Titel:

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL4933
NTR-old	NTR5035
CCMO	NL51498.042.14
OMON	NL-OMON41982

Study results