

An online physical activity program for German and Dutch adults delivered by SMS.

No registrations found.

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

Summary

ID

NL-OMON27719

Source

Nationaal Trial Register

Brief title

A web-based physical activity intervention delivered by tailored mobile phone short text messages: a randomized controlled trial among German and Dutch adults

Health condition

physical activity, lifestyle, computer tailoring, Internet, web-based, online intervention, mobile phone, sms

Sponsors and support

Primary sponsor: Create (Collaborative Research and Training in the EHPS)

Source(s) of monetary or material Support: Create (tandem grant 2012)

Intervention

Outcome measures

Primary outcome

The main aim of this study is to assess the effectiveness of a physical exercise intervention

delivered to German and Dutch adults via mobile telephone short messages service (SMS).

We aim to answer the following research questions: Do individuals profit from receiving additional tailored text message prompts in terms of changes in physical activity behavior compared to controls?

Secondary outcome

Secondly, it will be investigated whether and how an exercise intervention (a single health behavior intervention) may affect other health behaviors and exercise specific conditions (i.e., planning, self-efficacy, intention).

Moreover, we aim to answer the following research questions: How feasible and usable are tailored text message prompts delivered via mobile phones in promoting physical activity? Do individuals profit from receiving additional tailored text message prompts in terms of changes in social cognitions compared to controls?

Study description

Background summary

The main aim of this study is to assess the effectiveness of a physical exercise intervention delivered to German and Dutch adults via mobile telephone short messages service (SMS). Secondly, it will be investigated whether and how an exercise intervention may affect other health behaviors.

Using a randomized controlled trial, levels of exercise, social cognitions, and other health behaviors will be assessed at four measurement points among 260 adults. The experimental group will receive several mobile phone short messages tailored to exercise-specific cognitions from the HAPA and I-Change model.

By means of multivariate analyses, we expect to find the experimental group being more physically active and having a healthier lifestyle in general compared to the control group.

Study objective

Tailored feedback delivered via SMS may be an effective way to improve exercise.

Exercise interventions may affect other health behaviors.

We expect to find the experimental group being more physically active and having a healthier lifestyle in general compared to the control group.

Study design

Levels of physical exercise, social cognitions (self-efficacy, intention, action plans), and other health behaviors (nutrition, alcohol intake, smoking) will be assessed at up to four measurement points:

T0 (baseline);

T1 (after one week);

T2 (after two weeks);

T3 (after three weeks).

Demographic variables (gender, age, marital status, educational level, height and weight) will be measured at T0. Height and weight will also be measured at T3.

Intervention

Since eHealth interventions hold promise for increasing reach of people and health behavior change, a bilingual (German and Dutch), web-based tailored program for adults of the general population will be developed aimed at physical activity.

By use of questionnaires, physical activity level, nutrition, alcohol intake and smoking behavior will be assessed, in addition to multiple health behavior cognitions (e.g., transfer) and demographic factors.

Using an RCT, our respondents will be randomized among two groups: The control group will receive the questionnaire four times (at baseline and afterwards once per week plus 1

general short message) whereas the experimental group will, additionally, receive tailored short messages on their mobile phones concerning physical activity. The messages will be based on different social-cognitive exercise-specific factors, such as self-efficacy, planning and motivation.

Data for the analyses will come from the two subsamples – one in Germany and one in the Netherlands.

Contacts

Public

P. Debyeplein 1
Daniela Schulz
Maastricht 6229 HA
The Netherlands
+31 (0)43 3882832

Scientific

P. Debyeplein 1
Daniela Schulz
Maastricht 6229 HA
The Netherlands
+31 (0)43 3882832

Eligibility criteria

Inclusion criteria

1. Being at least 18 years old;
2. Sufficient understanding of the German / Dutch language;
3. Computer / Internet literacy;
4. Valid mobile phone number.

Recruitment will take place through the distribution of flyers and posters in public places and by announcements on websites of the universities.

Exclusion criteria

1. Health complaints that bar respondents from regular physical exercise;
2. Visual impairment.

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):	01-09-2012
Enrollment:	260
Type:	Anticipated

Ethics review

Positive opinion	
Date:	19-06-2012
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	NL3328
NTR-old	NTR3489
Other	Tandem grant : Create
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

N/A