The effect of an educational smart-phone application on a-specific lower back pain

No registrations found.

Ethical review	Not applicable
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON28653

Source
NTR

Brief title
Back Trainer 1

Health condition

Lower back pain, Application, physiotherapy

Sponsors and support

Primary sponsor: Sportgeneeskunde Tjongerschans
Source(s) of monetary or material Support: Provincie Friesland

Intervention

Outcome measures

Primary outcome

• Difference in change of Quebec Back Pain Disability score over a 3-month period.

Secondary outcome

• Difference in change of the numeric pain rating scale over a 3-month period.

• Difference in change of the floor-finger distance over a 3-month

Study description

Background summary

Lower back pain (LBP) is a common and frustrating morbidity. Throughout the world it is the leading cause of economic and health-care costs. As much as 98% of all humans is thought to experience LBP at some point in their lives. Although it’s frequent occurrence, the exact mechanisms and pathophysiological entity of this common morbidity is still largely unknown. The use of an electronic assistant in education and support has not been investigated. The aim of this trial is to investigate whether an electronic assistant aids in treatment. In a observational study, in which the application is tested during 3 months.

Study objective

Low back pain (LBP) is a common and frustrating morbidity. Throughout the world it is the leading cause of economic and health-care costs. As much as 98% of all humans is thought to experience LBP at some point in their lives. Although it’s frequent occurrence, the exact mechanisms and pathophysiological entity of this common morbidity is still largely unknown.

Inactivity leads to numerous health problems and LBP is one of the most common entities of inactivity. It is known that education and support in physical fitness reduces the burden of LBP. However, the use of an electronic assistant in education and support has not been investigated. The aim of this trial is to investigate whether an electronic assistant aids in treatment of LBP

Study design

t=0

t=4 weeks

t=8 weeks

t=12 weeks

Intervention

Behavioural intervention will be provided with an electronic assistant

Contacts

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Eligibility criteria

Inclusion criteria

• Lower back pain

• Willing to use a phone application

• Age between 18 and 55

Exclusion criteria

• Any illness that will require hospitalization.

Study design

Design

Study type:	Interventional
Intervention model:	Other

Allocation:	Non controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	01-11-2016
Enrollment:	42
Type:	Anticipated

Ethics review

Not applicable

Application type:	Not applicable

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	NL6041
NTR-old	NTR6172
Other	Tjongerschans Sportscience : 2016-02

Study results

Summary results
none as of yet