Development, implementation and evaluation of two tailored based physical activity intervention for the over-fifties.

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To develop, implement and evaluate two physical activity tailored intervention programs among the over-fifties.subgoal: To perform a process evaluation to assess the feasibility of these programssubgoal 2: To perform an efefct evaluation to assess...

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON29808

Source
ToetsingOnline

Brief title
tailored physical activity intervention

Condition

- Other condition

Synonym
nvt

Health condition

Externe factoren van ziekte en sterfte

Research involving
Human

Sponsors and support

Primary sponsor: Universiteit Maastricht
Source(s) of monetary or material Support: ZonMw

Intervention

Keyword: community approach, older adults, physical activity, tailoring intervention

Outcome measures

Primary outcome

level of physical activity behaviour

Secondary outcome

Secondary study parameters are changes on awareness and on determinants of

changing and maintaining physical activity behaviour

Study description

Background summary

Lack of physical activity is a major risk factor for diseases like CVD, Diabetes II, and cancer. Although regular physical activity has been demonstrated to be critical for the promotion of health and physical functioning as people age, persons over 50 years of age represent the most sedentary segment of the adult population. Studies have shown that only 10 to 30% of the older adults do comply with the national physical activity guideline. Moreover, 50% of the older adults who are not physically active have no intention of starting to exercise regularly in order to increase their activity. Currently, in the Netherlands 32% of all residents are over fifty years of age. Stimulating physical activity for this large group is therefore of major relevance and will be the focus of this study.

Study objective

To develop, implement and evaluate two physical activity tailored intervention programs among the over-fifties.
subgoal: To perform a process evaluation to assess the feasibility of these programs
subgoal 2: To perform an efefct evaluation to assess the (cost-) effectiveness

of these programs

Study design

In this study two tailored physical activity intervention will be developed that will provide tailored information on three times.
Tailoring 1:
Based on the personal data gathered at baseline from the individuals, the first tailoring letter will be received within two weeks after the questionnaire is returned. In this first letter most information will be given on raising awareness of subjects' own physical activity, on determinants of initiating physical activity and on becoming aware of possibilities to be more physically active. Subjects who already meet the norm for physical activity get information in which their current behaviour is acknowledged as being healthy and information on how to best maintain their current behaviour.
Tailoring 2: Based on the personal data gathered at baseline from the individuals, the second tailoring letter will be received around 4 weeks after the questionnaire was returned. In this letter most information will be on the determinants of maintaining physical active, on tips how to stay motivated and on tips how to integrate physical activity in daily life.
Tailoring 3: three months after the first questionnaire, subjects will receive an additional questionnaire to fill in and return. In the third letter it becomes possible to give tailored information on changes that subjects made between the first and second questionnaire. This would mean that improvement could be rewarded and further encouraged, that possible relapse could be addressed appropriately with additional suggestions to again increase the amount of physical activity. This letter will be received around 4 months after the baseline questionnaire.

Study 1:
- November 2006: Pre-test
- Novmber: Tailoring 1
- December: Tailoring 2
- January: Post-test 1
- January : Tailoring 3
- February: Post-test 2

Study 2:
- March 2007: Pre-test
- Half March: Tailoring 1
- April: Tailoring 2
- June: Post-test 1
- July: Tailoring 3
- September: Post-test 2
- March 2008: Post-test 3

Intervention

In study 1 two conditions will be included:
Intervention group 1:
subjects in this condition will receive tailored advice three times on their psychosocial determinants of physical activity. The intervention will tailor on three levels: awareness of physical activity, behavioural change, and maintenance of behavioural change.
Intervention group 2:
Subjects in this condition will in addition on the tailored advice on their psychosocial determinants on physical activity also receive personalized information on their environmental determinants and local initiatives and activities.

In study 2 three conditions will be included:
Intervention group 1:
subjects in this condition will receive tailored advice three times on their psychosocial determinants of physical activity. The intervention will tailor on three levels: awareness of physical activity, behavioural change, and maintenance of behavioural change.
Intervention group 2:
Subjects in this condition will in addition on the tailored advice on their psychosocial determinants on physical activity also receive personalized information on their environmental determinants and local initiatives and activities.
Control group:
Subjects in this condition will receive no information

Study burden and risks

Participants are eligible if motivated to quit within the next year. In order to prevent attrition participants will all receive a reward when having completed all questionnaires. The load of filling in all the questionnaires will maximally be 120 minutes in total. Respondents will be explained (verbal and by writing);
a. that they will participate in a study that is aimed at stimulating physical activity behaviour
b. about the number of post-tests
c. that they can terminate participation at any time without stating one*s reasons for doing so;
d. that responses will be treated with the greatest care and remain confidential and can only be accessible by the researchers of this project. Names will be kept in a separate file; the data set will be coded and does not contain names;

Participation in the study will not bring any burden or risks.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

Age 50 or older

Exclusion criteria

Individuals of which the physician adviced against participating in physical activity or exercise.

Study design

Design

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

Primary purpose: Prevention

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	14-03-2007
Enrollment:	2000
Type:	Actual

Medical products/devices used

Registration:	No

Ethics review

Approved WMO

Date:	11-12-2006
Application type:	First submission
Review commission:	METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

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
CCMO	NL12739.068.06