

Validatie onderzoek activiteiten monitor New Wellness Solutions

Published: 31-08-2007

Last updated: 08-05-2024

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Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Observational non invasive

Summary

ID

NL-OMON31285

Source

ToetsingOnline

Brief title

trial activity pod

Condition

- Other condition

Synonym

Energy expenditure; physical activity

Health condition

geen aaandoeningen

Research involving

Human

Sponsors and support

Primary sponsor: Universiteit Maastricht

Source(s) of monetary or material Support: Philips Lifestyle Incubator New Wellness Solutions

Intervention

Keyword: Activities, Energy expenditure, Physical activity

Outcome measures

Primary outcome

Measured physical activity (including the measurement of minutes cycling, sitting, standing, walking and lying), resting energy expenditure and total energy expenditure (measured with the activity pod and with the doubly labelled water method).

Secondary outcome

At the start of the trial the test persons have to come to the lab to collect an urine sample, drink the doubly labelled water and stay over for a measurement of their sleeping metabolic rate while sleeping in the respiration chamber. The next morning their body composition is measured by under water weighing, a 10 minute walk test and a 10 minute cycling test is performed for distinguishing moderate versus high activity intensity with an activity pod and they have to collect another urine sample for the doubly labelled water test. This collection of urine samples has to be done also at days 8 and 15 of the trial period. During these two weeks trial period persons wear during waking hours a belt with an activity pod attached to it.

Study description

Background summary

Physical activity is a very important factor for the prevention of chronic diseases like diabetes or cardiovascular diseases, prevention of weight gain, the induction of weight loss and for weight maintenance. However, people in daily life do not know whether they move enough or should still move more to improve on their health condition. Philips Lifestyle Incubator, New Wellness Solutions developed an activity pod together with a web-service, which give people the possibility to track their physical activity and get feedback and coaching on physical activity during their daily life. Within the current study we want to validate the activity pod and to find out which activities, e.g. the short-minute walks during the day, the transportation from home to work etc, in a daily life situation are most relevant to improve one*s physical activity level.

Study objective

The purpose of this study is 2-fold: To validate the measured energy expenditure with the activity pod against the golden standard for the measurement of energy expenditure, the doubly labelled water method and to find out which activities as measured with the activity pod are most relevant to improve one*s physical activity in daily life.

Study design

Cross-sectional observational study

Study burden and risks

There are no risks associated with the participation in this trial.

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

Men and women

Age between 25-45 years

Body mass index between 19-35 kg/m²

Informed consent by the participants

Exclusion criteria

Age below 25 or above 45 years, body mass index below 19 kg/m² or above 35 kg/m², wheelchair bound, weight loss > 2 kg over the last month, chronic disease affecting energy expenditure.

Study design

Design

Study type: Observational non invasive

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Other

Recruitment

NL
Recruitment status: Recruitment stopped
Start date (anticipated): 01-09-2007
Enrollment: 36
Type: Actual

Ethics review

Approved WMO
Date: 31-08-2007
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	NL18211.068.07