

The use of Motivational Interviewing to promote physical activity in patients with RA: a pilot study

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To make an inventory of whether: • Physical therapists who had a training on MI apply more MI technics and selfregulation principles during advising of physical inactive patients with RA that physical therapists who did not have a MI training? • An...

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

Summary

ID

NL-OMON32095

Source

ToetsingOnline

Brief title

The use of MI to promote physical activity in RA

Condition

- Joint disorders

Synonym

Arthritis, rheumatism

Research involving

Human

Sponsors and support

Primary sponsor: Leids Universitair Medisch Centrum

Source(s) of monetary or material Support: Ministerie van OC&W

Intervention

Keyword: Motivational interviewing, Physical activity, Rheumatoid arthritis

Outcome measures

Primary outcome

- Control of MI technique of physical therapists
- Amount of offered and followed MI sessions of the 30 patients
- Judgement of the MI session by patients and physical therapists
- Selfregulation support

Secondary outcome

- Disease activity
- Physical and mental status
- Anxiety, depression, somatic complaints and sleeping disorders
- Fatigue
- General satisfaction
- Physical activity
- Selfregulation skills with regard to physical activity
- Amount of selfregulation

Study description

Background summary

In the past few years various initiatives with concern to promoting physical activity have been developed. In many studies it appeared that the participants had troubles persisting the physical activity program long term. Adding Motivational Interviewing (MI), aimed at a behavioral change, to a physical activity program could perhaps stimulate more physical activity (mainly long

term).

Study objective

To make an inventory of whether:

- Physical therapists who had a training on MI apply more MI techniques and self-regulation principles during advising of physical inactive patients with RA than physical therapists who did not have a MI training?
- An intervention study to promote physical activity by means of MI is feasible.

Study design

The study concerns a randomized controlled trial among 100 patients with RA who are physically inactive. Half of these RA patients will receive advice on physical activity verbally and by letter of a physical therapist who had a MI training, and the other half will receive the same advice only then of the physical therapist who did not have this MI training.

Intervention

Intervention group:

50 patients with RA will receive advice on physical activity and Motivational interviewing consisting of:

- In the first week: 1 face-to-face session of one hour and 1 of a half hour.
- Further: contact by phone for 10 minutes to 30 minutes 1 a week during 6 weeks
- After 6 weeks: 1 face-to-face session of a hour

Control group:

The control group will receive only receive standardized advice on physical activity:

- Information of positive aspects of adequate physical activity, in general and specific for patients with arthritis
- Information of physical activity programs in groups in their own hometown or region
- Exercise groups for people with rheumatic disorders of people with chronic diseases (for example group exercise therapy, hydrotherapy and walk groups)
- Regular sports activities in groups
- Information on individual working on physical activity (exercises, individual sporting)

Study burden and risks

The risk for the patient when participating in this study is considered as nil.

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

Patients with RA who do not fulfill the Dutch public recommendations for physical activity (5 times weekly moderately physical active during 30 minutes)

Exclusion criteria

Patients who are not capable to be physically active due to co-morbidity

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-02-2010
Enrollment:	100
Type:	Actual

Ethics review

Approved WMO	
Date:	11-12-2008
Application type:	First submission
Review commission:	METC Leids Universitair Medisch Centrum (Leiden)
Approved WMO	
Date:	25-09-2009
Application type:	Amendment
Review commission:	METC Leids Universitair Medisch Centrum (Leiden)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

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

ID: 20297

Source: NTR

Title:

In other registers

Register	ID
CCMO	NL22049.058.08