

Physical activity in people with mild or moderate intellectual disability, living in community based settings in the Netherlands.

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Objective:1. What is the intensity of the physical activity of adults with a mild or moderate intellectual disability living in community based settings? 2. What are the promoting and demoting factors for physical activity in this population? (time...

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

Summary

ID

NL-OMON33079

Source

ToetsingOnline

Brief title

pedometerID

Condition

- Other condition
- Lifestyle issues

Synonym

physical activity/ physical fitness; intellectual disability/ mental retardation

Health condition

personen met een verstandelijke beperking

Research involving

Human

Sponsors and support

Primary sponsor: Erasmus MC, Universitair Medisch Centrum Rotterdam

Source(s) of monetary or material Support: financiering van de stappentellers door de vier (drie) deelnemende zorginstellingen

Intervention

Keyword: intellectual disability, interview, pedometer, physical activity

Outcome measures

Primary outcome

1. The amount of steps a day (as counted by a pedometer, on an average of 7 days,)
2. The promoting and demoting factors for physical activity, as an outcome of a summary interview.

Secondary outcome

- The difference in the amount of steps taken on a working day in comparison to a non working day.
- An indication of the division of physical activity, between commuter traffic, daily activities and recreation activities.
- An indication for physical activity that excludes walking: such as cycling and swimming.

Study description

Background summary

Physical activity has a positive influence on health. It is recommended for

adults to walk 10.000 steps during a full day. In 2006 a study, held in the United States of America concluded that one third of the a population diagnosed with an intellectual disability (ID) had reached the 10.000 steps a day mark. It is unclear whether the ID population exercises less than the general population.

Factors which influence the physical activity behavior are finances, safety, the weather and transport. These factors also apply for the general population as for a population with ID. The personal guide and the policy of the care provider organization of an individual with ID may also contribute to the physical activity behavioral.

The main hypothesis is that physical activity of people with mild and moderate intellectual disability, living in community based setting, is considered to be lower than advised. The causal factors are influenceable.

Study objective

Objective:

1. What is the intensity of the physical activity of adults with a mild or moderate intellectual disability living in community based settings?
2. What are the promoting and demoting factors for physical activity in this population? (time, financial, the accessibility of sport facilities, psychosocial factors, influence of the tutors, physical limitations,*)

Sub question: Is the physical activity related to commuter traffic, daily activities of an individual or to recreation?

Study design

Cross-sectional observational inventorying study

Study burden and risks

For 7 days, during the daytime, the participants will wear a pedometer on their belt. During this period they will participate in their normal day schedule. In the evening the number of steps and the physical activities of that day (sporting, cycling, swimming will be noted in a booklet, provided by the researchers. At the end of this week a summary interview will be held with the participant. The interview will be about 30 minutes concentrating on the promoting and demoting factors for physical activity

The personal guide (tutor) will be asked to help the participants if necessary.

Contacts

Public

Erasmus MC, Universitair Medisch Centrum Rotterdam

dr. Molewaterplein 50
3015 GE Rotterdam
Nederland
Scientific
Erasmus MC, Universitair Medisch Centrum Rotterdam

dr. Molewaterplein 50
3015 GE Rotterdam
Nederland

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

mild or moderate intellectual disability

adults, age 18-50 years

community based living

able to walk, without any devices

Exclusion criteria

not having mild or moderate intellectual disability

age < 18 or > 50 years

no community based living

unable to walk without any devices

Study design

Design

Study type: Observational non invasive

Masking: Open (masking not used)

Control: Uncontrolled

Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated): 18-08-2009

Enrollment: 90

Type: Actual

Medical products/devices used

Registration: No

Ethics review

Approved WMO

Date: 11-06-2009

Application type: First submission

Review commission: METC Erasmus MC, Universitair Medisch Centrum Rotterdam (Rotterdam)

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	NL26850.078.09