

The Dutch National Running Study

Published: 28-01-2013

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To identify risk factors for injuries in novice runners, and to identify risk factors for specific injuries. Secondary Objective(s): 1. To determine the incidence of running related injuries in novice runners 2. To describe the health benefits of the...

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

Summary

ID

NL-OMON39668

Source

ToetsingOnline

Brief title

Dutch Running Cohort

Condition

- Other condition

Synonym

overuse injuries, running injuries

Health condition

Sport blessures romp en onderste extremiteit

Research involving

Human

Sponsors and support

Primary sponsor: Universitair Medisch Centrum Groningen

Source(s) of monetary or material Support: ZonMW subsidie

Intervention

Keyword: Cohort study, Prevention, Risk factors, Running injuries

Outcome measures

Primary outcome

The main study parameter is the occurrence of a running related injury (RRI) and the incidence and exposure time. Definition of an RRI in this study is; running related musculoskeletal ailment of the lower extremity or back, causing a restriction of running for at least one week.

Secondary outcome

Secondary parameters are the demographic and anthropometric data, physical and mental health status, physical activity level, previous physical activities, medical history and motivation for exercise. With regard to RRIs, data on absence and treatment will be collected.

Study description

Background summary

Running is the most popular sport and its popularity is still increasing. Only in the Netherlands, over 2 million people can be regarded as runners. This, however, also results in a huge amount of injuries. Every year, about 390.000 running injuries occur in these runners, of which approximately 120.000 (30.8%) are medically treated. The injury risk of running is more than 2 times higher compared to the average of other types of sport. Especially novice runners are at a high risk for injuries: more than 20% of the novice runners develop a running injury in the first weeks after they started running. This study aims to identify risk factors for the development of (specific) running related injuries. In this manner, in the future, preventive measures could be taken.

Study objective

To identify risk factors for injuries in novice runners, and to identify risk

factors for specific injuries.

Secondary Objective(s):

1. To determine the incidence of running related injuries in novice runners
2. To describe the health benefits of the novice runners participating in the start-to-run projects
3. To determine reasons for discontinuation of the STR program and factors related to this discontinuation
4. To identify the course, medical consumption of injured players and the associated and costs

Study design

Observational study

Study burden and risks

There is no additional risks for participants

Time to fill in the database and/or questionnaires will be 260 minutes in 1 year.

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

- aged between 18 and 65
- participating in STR course

Exclusion criteria

- Contraindications for vigorous physical activities according to the American College of Sports Medicine (ACSM) guidelines, based on the baseline questionnaire.

Study design

Design

Study type: Observational non invasive

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Basic science

Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated): 01-02-2013

Enrollment: 6000

Type: Actual

Ethics review

Approved WMO

Date:	28-01-2013
Application type:	First submission
Review commission:	METC Universitair Medisch Centrum Groningen (Groningen)
Approved WMO	
Date:	27-10-2013
Application type:	Amendment
Review commission:	METC Universitair Medisch Centrum Groningen (Groningen)

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	NL41529.042.12