

# Feasibility and efficacy of financial incentives for the promotion of physical activity as part of self management for patients with diabetes and cardiovascular diseases.

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The aim of this study is to explore the efficacy, effectivity and costeffectivity of financial incentives for the promotion of physical activity in the health care setting.

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Will not start
<b>Health condition type</b>	Other condition
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON42134

### Source

ToetsingOnline

### Brief title

Efficacy of incentives for physical activity in chronically ill patients.

### Condition

- Other condition

### Synonym

health behaviour, lifestyle, program adherence

### Health condition

gezondheidsgedrag en compliance

## Research involving

Human

## Sponsors and support

**Primary sponsor:** Tilburg University

**Source(s) of monetary or material Support:** Zonmw,CZ groep  
Zorgverzekeringen,Zorggroep Syntein,Zorgverzekeraar CZ;Zorggroep Syntein

## Intervention

**Keyword:** exercise, financial incentive, prevention

## Outcome measures

### Primary outcome

Results of the fitness tests

Health related quality of life

Physical activity behavior

Motivation for physical activity and healthy nutrition.

### Secondary outcome

Medication use

Blood glucose

Blood pressure

Health care costs/health care consumption

## Study description

### Background summary

Last years, more attention has been paid for prevention of diseases, but also for influencing the progression of chronic diseases in a positive way. For diabetes and cardiovascular diseases enough exercise and a healthy diet are important factors to prevent worsening of the disease. Care group Syntein has developed a lifestyleprogram in which patients are educated how they can

exercise enough and what a healthy diet means.

About the influence of financial incentives on physical activity behaviour are positive and negative expectations. Hardly any research has been done to what extent financial incentives have a positive influence on physical activity behaviour for interventions from the health care setting. In this study, the effectiveness and cost-effectiveness of a financial incentive on physical behavior that is attached to the lifestyle program of Syntein. The results of this study will contribute to insights about the use of financial incentives for the promotion of physical activity in the health care setting.

## **Study objective**

The aim of this study is to explore the efficacy, effectiveness and cost-effectiveness of financial incentives for the promotion of physical activity in the health care setting.

## **Study design**

The study is a controlled clinical trial with three intervention groups that will be divided by region. The division of the groups by region was chosen because of several methodological reasons.

## **Intervention**

Alle deelnemers krijgen een leefstijlprogramma aangeboden welke in het reguliere zorgaanbod zit. Van de drie groepen zal één groep fungeren als controle groep en zullen de deelnemers alleen het leefstijlprogramma krijgen. De andere twee groepen krijgen het leefstijlprogramma en daarbij een financiële prikkel. Deze financiële prikkel is in beide groepen anders. De daadwerkelijke interventie in dit onderzoek zijn de 2 financiële prikkels. The actual intervention is the financial incentive.

## **Study burden and risks**

Participants of the trial will complete one extra fitness test at 52 weeks compared to the patients who do not participate in the trial and only participate in the lifestyle program. Besides that, at every measurement the participants have to fill out some additional questionnaires.

## **Contacts**

### **Public**

Tilburg University

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## **Trial sites**

### **Listed location countries**

Netherlands

## **Eligibility criteria**

### **Age**

Adults (18-64 years)

Elderly (65 years and older)

### **Inclusion criteria**

Patient receives integrated care for diabetes or chronic vascular risk management.

### **Exclusion criteria**

Presence muscle diseases

Presence lungdiseases

Patient is a minor

Patient is pregnant or has the desire to become pregnant in the near future

## **Study design**

## Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)

**Primary purpose:** Prevention

## Recruitment

NL	
Recruitment status:	Will not start
Enrollment:	150
Type:	Anticipated

## Ethics review

Approved WMO	
Date:	25-02-2015
Application type:	First submission
Review commission:	METC Brabant (Tilburg)
Approved WMO	
Date:	12-03-2015
Application type:	Amendment
Review commission:	METC Brabant (Tilburg)

## 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

CCMO

### ID

NL50571.028.14