PreventIT adapted Lifestyle-integrated Functional Exercise Program Pilot study

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To evaluate the feasibility and acceptability of the adapted Lifestyle-integrated Functional Exercise Program (aLiFE) intervention in a population of young old adults (60-70 years) at three sites: Stuttgart, Amsterdam, and Trondheim.

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

Summary

ID

NL-OMON43547

Source
ToetsingOnline

Brief title
PreventIT adapted LiFE Pilot study

Condition

- Other condition

Synonym
gerontology, old age

Health condition

Geriatrische aandoeningen, functieverlies

Research involving
Human

Sponsors and support

Primary sponsor: Interne geneeskunde, sectie ouderengeneeskunde
Source(s) of monetary or material Support: Europese Unie

Intervention

Keyword: Elderly, Exercise, Physical activity, Risk prevention

Outcome measures

Primary outcome

Semi-structured questionnaire for evaluating feasibility and acceptability of

aLiFE.

Secondary outcome

Motivation assessment, Late-Life Function and Disability Instrument.

Study description

Background summary

There is an urgent need for innovative solutions to prevent functional decline and inactivity at older age. Testing of an adapted intervention and potential outcome measures is recommended prior to starting a randomized trial.

Study objective

To evaluate the feasibility and acceptability of the adapted Lifestyle-integrated Functional Exercise Program (aLiFE) intervention in a population of young old adults (60-70 years) at three sites: Stuttgart, Amsterdam, and Trondheim.

Study design

4-week clinical pilot study.

Intervention

The aLiFE intervention is a lifestyle-integrated exercise program adapted to

young older adults at the age of 60-70 years.

Study burden and risks

The risk during LiFE training is estimated to be small, particularly given the young old population of the aLiFE pilot study. Participants of our aLiFE pilot study may benefit from the intervention in terms of improving their functional performance and increasing their physical activity, although this is not the primary aim of this feasibility study.

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

We will include community dwelling adults between 60 and 70 years of age. Only participants with ability to walk 500 metres without walking aids will be included.

Exclusion criteria

Exclusion criteria include cognitive impairment (Montreal Cognitive Assessment, MOCA *24 points) and self-reported cardiovascular, pulmonary, neurological, and mental disease where exercise is contraindicated. The target population of aLiFE is not the most fit of the young older adults. Excluded are therefore those who are attending organised exercise classes more than twice a week and/or those who are exercising more than 4 hours on their own each week.

Study design

Design

Study type: Interventional

Masking:	Open (masking not used)
Control:	Uncontrolled
Primary purpose:	Treatment

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	03-05-2016
Enrollment:	10
Type:	Actual

Ethics review

Approved WMO

Date:	13-04-2016
Application type:	First submission
Review commission:	METC Amsterdam UMC

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	NL56456.029.16