

Effect of a multicomponent intervention to promote physical activity in adults with intellectual disabilities

Published: 19-10-2012

Last updated: 04-07-2024

This study aims to investigate the effectiveness of a multicomponent intervention in promoting physical activity among adults with ID.

Ethical review	Approved WMO
Status	Pending
Health condition type	Psychiatric and behavioural symptoms NEC
Study type	Interventional

Summary

ID

NL-OMON56833

Source

ToetsingOnline

Brief title

Physical activity intervention for adults with ID

Condition

- Psychiatric and behavioural symptoms NEC
- Lifestyle issues

Synonym

Inactivity, Sedentary behavior

Research involving

Human

Sponsors and support

Primary sponsor: Erasmus MC, Universitair Medisch Centrum Rotterdam

Source(s) of monetary or material Support: door zorgorganisatie Abrona

Intervention

Keyword: Behavioral change, Health, Intellectual disability, Physical activity

Outcome measures

Primary outcome

The primary study parameter is the difference in physical activity of the adults with ID.

Secondary outcome

For adults with ID:

Level of functioning

- Activities of Daily Living (ADL) and Instrumental Activities of Daily Living

(IADL): Barthel Index and the Lawton IADL scale.

- Mobility level (required use of aids)

- Health status

Level of problem behavior

Personal attitude of adults with ID towards physical activity behavior: stage

of change, attitude towards physical activity, barriers to change, fear of

falling, pain, previous physical activity experiences of the participant,

preferences and desires regarding physical activity, preferences and/or desire

to explore regular exercise facilities or activities in the community.

For primary care givers:

Attitude towards implementing sufficient physical activity in daily care of

care professionals

Stage of change to implement sufficient physical activity and barriers to change

Study description

Background summary

Physical activity levels are very low in adults with intellectual disabilities (ID), and physical activity promotion for the general population is not feasible in this group, due to the specific characteristics of adults with ID and specific characteristics of their support/care setting.

Study objective

This study aims to investigate the effectiveness of a multicomponent intervention in promoting physical activity among adults with ID.

Study design

Quasi-experimental repeated measures design

Intervention

After a control period of 12 weeks, the entire study sample receives the 12-week intervention which aims at changing behavior of adults with ID (increase of physical activity) and changing behaviour of primary care givers (integrate sufficient physical activity in their daily support or care). The intervention starts with a Quicksan, after which the staff and the clients participate in an education session about the relevance of physical activity and possibilities to be active for people with chronic illnesses. The primary care givers receive advice from a physical activity coach, based on the results of the Quicksan. After setting goals for 12 weeks, the physical activity coach continues to coach the primary care givers throughout the process, and visits the living facility twice to demonstrate easy group activities. Participants receive a T-shirt with bag at the start, and a medal and certificate at the end, and the team as a whole collect symbolic euro*s every time a participant completes a Quicksan.

Study burden and risks

Participants take part in a Quickscan, four times throughout the process of 36 weeks. This Quickscan consists of an interview and low intensity , non-invasive and painless tasks, except for two submaximal tests. The safety of executing these two tests is screened on beforehand and checked with a physician in case of doubt. If safety is not sufficiently confirmed, these two tests are left out in the Quickscan. Risk of adverse events due to exercise is kept as low as possible with this procedure. During the Quickscan and the intervention itself, the individual risk of falling needs to be continuously monitored, as changes in lifestyle might pose new situations. Furthermore, this intervention takes the preferences and possibilities of the participants into account when giving individual advice, which results in a tailored, individual advice. The physical activity coach advises how to increase physical activity gradually, in small steps, to prevent injuries or muscle soreness. These small risks do not outweigh the advantages of a healthy lifestyle, and since this intervention is designed for adults with ID, this study could not be tested in other populations.

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

- Age 18 years and over
- Having an intellectual disability
- Receiving residential care from the ID care service Abrona
- Informed consent from participant or legal representative

Exclusion criteria

Severe Illness

Study design

Design

Study type: Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Prevention

Recruitment

NL

Recruitment status: Pending

Start date (anticipated): 01-09-2012

Enrollment: 200

Type: Anticipated

Ethics review

Approved WMO

Date: 19-10-2012

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	NL41410.078.12