

PIB2-intervention: Internet-delivered behavior change intervention aimed at healthcare professionals and patients with cardiovascular risk factors.

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Healthcare professionals need to encourage physical activity according to the guideline for cardiovascular risk management. Patients with cardiovascular risk factors (abdominal obesity, high blood pressure, low HDL cholesterol, elevated...

Ethische beoordeling	Positief advies
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20105

Bron

NTR

Verkorte titel

PIB2-intervention

Aandoening

Cardiovascular risk factors, Prevention

Ondersteuning

Primaire sponsor: Hogeschool Utrecht, Utrecht ism Universiteit Maastricht, Maastricht

Overige ondersteuning: fund=initiator=sponsor

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The increase in level of physical activity to impact the cardiovascular risk profile of people with one or more cardiovascular risk factors.

Toelichting onderzoek

Achtergrond van het onderzoek

Internet-delivered behavior change intervention aimed at motivating healthcare professionals to encourage physical activity among patients with cardiovascular risk factors.

Doel van het onderzoek

Healthcare professionals need to encourage physical activity according to the guideline for cardiovascular risk management. Patients with cardiovascular risk factors (abdominal obesity, high blood pressure, low HDL cholesterol, elevated triglycerides and elevated blood glucose), can decrease their risk for cardiovascular diseases with higher levels of physical activity and especially of physical fitness.

We developed an Internet-delivered behavior change intervention aimed at motivating healthcare professionals to encourage physical activity among patients with cardiovascular risk factors.

Can we change the non (optimal) encouraging behavior of healthcare professionals and the inactive behavior of patients with cardiovascular risk factors?

Onderzoeksopzet

Intervention group vs. 'waiting-list'-control group.

Intervention group:

Baseline, intervention continuous measurement via website, end 6 months.

'Waiting-list'-control group:

Baseline, Baseline after 6 months, intervention, end 6 months.

Onderzoeksproduct en/of interventie

The PIB2-intervention includes:

1. Systematic assessment;
2. Monitoring and evaluating the implementation of the Internet-delivered behavior change intervention aimed at healthcare professionals to encourage physical activity among patients with cardiovascular risk factors.

The intervention consist of five theory- and evidence-based blocks comprising personalized messages to motivate professionals to coach a person with one or more cardiovascular risk factors. Each block comprises seven steps.

In block one the healthcare professional coaches a person with one or more cardiovascular risk factors through a process of behavior change, i.e. the professional encourages a person with one or more cardiovascular risk factors to become and stay physically active.

Block II is a support system for the healthcare professional, parallel block I and is about how to coach a person with one or more cardiovascular risk factors.

Block III is the persons' website, where the a person with one or more cardiovascular risk factors can look back at the plans he made with the healthcare professionals to see (in figures) if he/she is making progress in physical activity levels, etc.

Block IV consist of an Internet forum directed at healthcare professionals.

Block V is created to motivate the professional.

The website contains personalized messages with fill-in forms, taking about 5-7 minutes of the consultation time with a person with one or more cardiovascular risk factors. The website contains ca. 95 windows displaying parts (messages and/or figures) of the website.

Assessment:

The assessment is standardized and focused on:

1. Social-cognitive determinants of healthcare professionals working with people with one or more cardiovascular risk factors;
2. Social-cognitive determinants of people with one or more cardiovascular risk factors;
3. The number of cardiovascular risk factors of people with one or more cardiovascular risk factors;
4. The physical activity level of the people with one or more cardiovascular risk factors.

Monitoring and evaluating the Internet-delivered behavior change intervention aimed at healthcare professionals to encourage physical activity among patients with cardiovascular risk factors.

Contactpersonen

Publiek

Bolognalaan 101
Barbara Sassen
Utrecht 3584 CJ
The Netherlands

Wetenschappelijk

Bolognalaan 101
Barbara Sassen
Utrecht 3584 CJ
The Netherlands

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Healthcare professionals coaching people with one or more cardiovascular risk factors.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Healthcare professionals coaching people without cardiovascular risk factors.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	15-11-2010
Aantal proefpersonen:	90
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	04-11-2010
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL2468
NTR-old	NTR2584
Ander register	: ECP-92
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A