Sport-2-Stay-Fit study

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

Samenvatting

ID

NL-OMON20128

Bron
NTR

Verkorte titel
S2SF

Aandoening

kinderen en jongeren met een chronische ziekte of aandoening: cardiovasculair, pulmonaal, musculoskeletaal of neuromusculair

children and adolescents with a chronic disease or condition: cardiovascular, pulmonary, musculoskeletal or neuromuscular disorder

Ondersteuning

Primaire sponsor: UMC Utrecht
Overige ondersteuning: ZonMw (525001005)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

anaerobic fitness

Toelichting onderzoek

Achtergrond van het onderzoek

Children and adolescents with a physical disability often show reduced fitness levels and physical activity patterns, and they participate less in competitive and recreational sports compared with their non-disabled peers. A variety of interventions showed that training programs improved physical fitness levels and participation in physical activities or sports, however the positive effects following the training program in children and adolescents with a physical disability do not sustain. The Sport-2-Stay-Fit (S2SF) study will investigate if sport participation in the immediate after school hours increase the sustainability of a standardized interval training program in children and adolescents with a chronic disease or condition. Outcome measures will be: physical fitness, physical activity, cardiovascular health, cognition, and psychosocial functioning.

The S2SF study is a clinical controlled trial investigating the effectiveness of sport participation after school. Children and adolescents will be included from different schools for special education in The Netherlands. Participants are in the age of 6-19 years with a chronic disease or condition. This could be either a cardiovascular, pulmonary, musculoskeletal or neuromuscular disorders. Both children who are ambulatory and children propelling a manual wheelchair will be included. All children and adolescents will participate in an 8 weeks high-intensity interval training program to improve their physical fitness level. Thereafter, the intervention group will participate in sports after school hours for 6 months and the control group receives assessment only.

Doel van het onderzoek

The S2SF study hypothesize that sport participation in the immediate after school hours following a standardized interval training program increase the sustainability of physical fitness level, health status, cognition, and psychosocial functioning in children and adolescents with a chronic disease or condition.

Onderzoeksopzet

All children and adolescents in the S2SF study will participate in an 8 weeks High-intensity Interval Training (HIT) program to improve their physical fitness level. Thereafter, the intervention group will participate in sport after school for 6 months and the control group receives assessment only.
Measurements will take place before the HIT, directly after as well as 6 months later.

Onderzoeksproduct en/of interventie

The intervention will take place on schools for special education in The Netherlands. All children and adolescents will participate in an 8 weeks high-intensity interval training program during school hours to improve their physical fitness level. Thereafter, the intervention group will participate in sport after school for 6 months and the control group receives assessment only.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

o Children and adolescents with a physical disability or chronic disease: cardiovascular, pulmonary, musculoskeletal or neuromuscular disorder

o Children and adolescents between the age of 6 and 19 years

o Children and adolescents have to understand simple commands

o Children and adolescents do not participate in sports during leisure time

o Children and adolescents are able to perform physical fitness tests

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

o Children and adolescents with progressive diseases

o Children and adolescents using an electric wheelchair

o During the length of the study, children are not allowed to participate in other research projects which might influence the current study results

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Niet-gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-08-2014
Aantal proefpersonen:	74
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	17-07-2014
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 41923
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL4555
NTR-old	NTR4698
CCMO	NL48209.041.14
OMON	NL-OMON41923

Resultaten

Samenvatting resultaten
http://www.ncbi.nlm.nih.gov.proxy.library.uu.nl/pubmed/24615862