

Motivational Interviewing for promoting physical activity in patients with Rheumatoid Arthritis.

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N/A

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

Samenvatting

ID

NL-OMON20297

Bron

Nationaal Trial Register

Aandoening

Patients with Rheumatoid Arthritis (RA) according to the ACR criteria

Ondersteuning

Primaire sponsor: - Department of Rheumatology, Leiden University Medical Center
- Clinical and Health Psychology, Leiden University

Overige ondersteuning: Vrienden van Sole Mio

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

1. Physical activity (SQUASH);

2. Amount of selfregulation (e.g. motivation) (TRSQ);

3. Selfregulationskills with regard to physical activity (HCCQ).

Toelichting onderzoek

Achtergrond van het onderzoek

In the past few years various initiatives with concern to promoting physical activity have been developed. In many studies it appeared that the participants had troubles persisting the physical activity program long term. Adding Motivational Interviewing (MI) and Self-regulation, aimed at a behavioral change, to a physical activity program could perhaps stimulate more physical activity (mainly long term).

The study concern a randomized controled trial among 120 patients with RA who are physically inactive (do not fulfill the Dutch Public Health Recommendation for physical activity; 5x weekly 30 minutes moderate/intensive physical activity) and who do not have any contra-indications for physical activity.

All RA patients with recieve information with regard to physical activity by a general physical therapist.

Half of these RA patients will further receive one MI session with a trained physical therapist and 2 self-regulation session with a trained clinical nurse specialist and two follow-up phone calls by the same clinical nurse specialist.

Main aim is to increase the physical activity level of RA patients and maintain this physical activity level long-term.

Doel van het onderzoek

N/A

Onderzoeksopzet

1. Baseline (all outcome measures);
2. After 6 weeks (all outcome measures);
3. After 20 weeks (all outcome measures);

4. After 52 weeks (all outcome measures).

Onderzoeksproduct en/of interventie

Motivational Interviewing and Self-regulation group (one session per week):

1. 1 groupsession with regard to physical activity (why it is important, health benefits and how to become physically active) to provided by a physical therapist to stimulate that patients become more physically active in daily live;
2. 1 individual session with a trained physical therapist (motivational interviewing) to increase the internal motivation of the patient;
3. 2 individual sessions with a trained clinical nurse specialist (self-regulation) to increase the patient's selfregulation skills;
4. 2 phonecalls by the trained clinical nurse specialist.

Control group:

1. 1 groupsession with regard to physical activity (why it is important, health benefits and how to become physically active)provided by a physical therapist (same as intervention group) to stimulate that patients become more physically active in daily live.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Patients are recruited in the Leiden University Medical Center, the rheumatology outpatient clinic;
2. Patients with RA who do not fulfill the Dutch public recommendations for physical activity (5 times weekly moderately physical active during 30 minutes).

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Patients who are not capable to be physically active due to co-morbidity.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Enkelblind
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-02-2010
Aantal proefpersonen:	120
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum: 03-03-2010

Soort: Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 32095

Bron: ToetsingOnline

Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL2123
NTR-old	NTR2240
CCMO	NL22049.058.08
ISRCTN	ISRCTN wordt niet meer aangevraagd.
OMON	NL-OMON32095

Resultaten

Samenvatting resultaten

N/A