Physical activity intervention for adults with ID.

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

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

Samenvatting

ID

NL-OMON21323

Bron
NTR

Verkorte titel
Abrona ACTIEF

Aandoening

Lack of physical activity, intellectual disabilities, obesity.
Lichamelijke inactiviteit, verstandelijke beperking, obesitas.

Ondersteuning

Primaire sponsor: Erasmus Medical Center Rotterdam, the Netherlands
Overige ondersteuning: Abrona, care provider for people with ID

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

1. Physical activity questionnaire for adults with ID (PAQ-ID);

2. Motion sensor for physical activity monitoring.

Toelichting onderzoek

Achtergrond van het onderzoek

Rationale:

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.

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.

Study population:

Adults with intellectual disabilities, receiving residential care from the ID care service Abrona.

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 Quickscan, 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 Quickscan. 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 Quickscan.

Main study parameters/endpoints:

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

Doel van het onderzoek

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

Onderzoeksopzet

A repeated-measures design will be used to execute this study: The participants will first undergo a control period of the same length ('waiting list procedure') as the intervention period (both 12 weeks). Measurements will take place at the start of the 12-week control period, at the end of the 12-week control period, which is the start of the 12-week intervention period too, at the end of the 12-week intervention period and after a follow-up of three months after the intervention period.

Onderzoeksproduct en/of interventie

The intervention is called 'Abrona ACTIEF', and the letters from the word 'ACTIEF' are an acronym of the six components of the multicomponent behavioural intervention. The six components are:

A: Advising;

C: Coaching;

T: Testing;

I: Sharing of Information;

E: Education;

F: Rewards (Dutch: feliciteren).

Participant will first run through a 12 week control period after certain measurements. Tests will be done after these 12 weeks. Participants will then start the intervention, which takes 12 weeks as well.

The intervention contains an educative workshop for the supervisors and participants, two

demonstrations of the kind of exercises that can be done, a personal advice, coaching for supervisors and save for a reward together and personally.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Age 18 years and over;

2. Having an intellectual disability;

3. Receiving residential care from the ID care service Abrona;

4. Informed consent from participant or legal representative.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Severe illness.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Cross-over
Toewijzing:	Niet-gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	05-11-2012
Aantal proefpersonen:	116
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	07-12-2012
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	NL3593
NTR-old	NTR3744
Ander register	METC Erasmus MC : 2012-348
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten
N/A