

Evaluation of the Online Exercise Coach.

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Use of the Online Exercise Coach, an online tailored exercise program, will enhance compliance with a prescribed exercise program.

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

Samenvatting

ID

NL-OMON21347

Bron

NTR

Verkorte titel

Online Exercise Coach

Aandoening

Chronic pain, Webbased exercise, Compliance, Satisfaction, Preferences, Chronische pijn, Oefeningen via internet, therapietrouw, tevredenheid, preferenties

Ondersteuning

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Overige ondersteuning: Roessingh Research & Development

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary objective is to investigate if the use of the Online Exercise Coach enhances compliance with the follow-up exercise program. Therefore the primary objective is:

1. Are patients who used the OEC during their follow-up exercise treatment more compliant than patients who did not use the OEC?

Toelichting onderzoek

Achtergrond van het onderzoek

N/A

Doel van het onderzoek

Use of the Online Exercise Coach, an online tailored exercise program, will enhance compliance with a prescribed exercise program.

Onderzoeksopzet

The main study parameter of this study is compliance with the exercise follow-up program. Patients are asked to fill out a weekly diary to log the frequency and duration of their exercise sessions and the type of exercises they performed. In addition compliance is logged by means entries of the Online Exercise Coach by the patient.

Secondary parameters:

1. Patients' preferences towards exercise follow-up treatment - A preference elicitation questionnaire is used to investigate preferences for follow-up care. These are explicit measures of benefit valuation for assessing alternative health care interventions (Gerard et al, 2007). In this research we investigate so called 'stated preferences'; individuals' stated preferences in hypothetical (or virtual) markets;
2. Patients' satisfaction with follow-up treatment - User satisfaction will be measured by means of a self-constructed questionnaire since no standardized and validated questionnaires are available to assess user satisfaction of teletreatment services like the Online Exercise Coach. The Theory of Planned Behaviour (TPB) (Ajzen, 1991) and the Technology Acceptance Model (TAM) (Davis, 1989; Davis, Bagozzi, & Warshaw, 1989), two models widely used and well-supported in the uptake of ICT based services, are used as underlying theoretical framework. The models suggest that behavioural intention is preceded

by a patient's perceived usefulness, perceived ease of use, attitude, social norm and self-efficacy. The items of the questionnaire will assess these determinants and their intention to use the OEC;

3. Effectiveness of follow-up treatment

Pain intensity (assessed by means of VAS scales)/ the level of subjectively experienced disability due to pain (assessed with the PDI, a self-rating scale that contains 7 items for the domains: A. family and home responsibilities, B. recreation - sports and leisure time activities, C. social activity - participation with friends and other acquaintances, D. occupation - activities partly or directly related to working, E. sexual behaviour - frequency and quality of sex life, F. self-care - basic life-supporting behaviours and G. daily activities)/ the level of pain-related anxiety (assessed with the PASS20, a scale that assesses self-reported levels of pain related anxiety) and physical and mental health (assessed by the SF36 that measures eight domains of health);

4. Technical feasibility will be measured by means of automatic data logging of the Online Exercise Coach website. In addition, technical complaints of both patients and health care professionals will be registered and analysed. Therefore the professionals and patients are asked to log technical problems and failures they encounter and report this to the researcher by email or telephone;

5. Demographic characteristics.

Onderzoeksproduct en/of interventie

Subjects in the experimental group will receive six weeks of OEC follow-up treatment. Patients have access to their online tailored exercise programs by logging onto the website www.r-motion.nl. Patients' former polyclinic therapist will select a broad range of exercises from which the patient can choose from to create his own exercise programme. The exercises consist of mobilizing, muscle strengthening and conditional exercises. In addition patients have the opportunity to view the exercises on their computer by playing the video-files on the website. Also they are offered an email function on the website where they can contact their therapist in case they have questions about their exercises.

The control group comprises of a six week exercise follow-up program by means of once-only instruction by word of mouth at the end of the polyclinic treatment at 'Het Roessingh'. If patients experience problems during their six weeks of follow-up treatment they are instructed to call their therapist.

Patients in both the intervention and control group are asked to exercise for 30 minutes 3 times a week.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Chronic low back pain;
2. RSI;
3. Whiplash;
4. Age of 18 years or older.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Insufficient control of the Dutch language.

Onderzoeksopzet

Opzet

Type: Interventie onderzoek
Onderzoeksmodel: Parallel
Toewijzing: Gerandomiseerd
Controle: Geneesmiddel

Deelname

Nederland
Status: Werving gestart
(Verwachte) startdatum: 15-12-2008
Aantal proefpersonen: 56
Type: Verwachte startdatum

Ethische beoordeling

Positief advies
Datum: 04-03-2009
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	NL1611
NTR-old	NTR1695

Register

Ander register
ISRCTN

ID

NL25915.044.08 : Roessingh Research & Development
ISRCTN wordt niet meer aangevraagd

Resultaten

Samenvatting resultaten

N/A