

# Active2Gether

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Active2Gether effectively increases levels of physical activity in young adults.

|                             |                       |
|-----------------------------|-----------------------|
| <b>Ethische beoordeling</b> | Positief advies       |
| <b>Status</b>               | Werving gestart       |
| <b>Type aandoening</b>      | -                     |
| <b>Onderzoekstype</b>       | Interventie onderzoek |

## Samenvatting

### ID

NL-OMON22118

### Bron

NTR

### Aandoening

This study will be conducted in healthy young adults and aims to prevent cardiovascular and other metabolic diseases

### Ondersteuning

**Primaire sponsor:** VU Medical Center Amsterdam and VU University Amsterdam

**Overige ondersteuning:** This research is supported by Philips and Technology Foundation STW, Nationaal Initiatief Hersenen en Cognitie NIHC under the Partnership program Healthy Lifestyle Solutions (grant no 12014).

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

levels of physical activity (moderate, vigorous, moderate-vigorous); minutes of moderate-vigorous per week after 3 months

# Toelichting onderzoek

## Achtergrond van het onderzoek

The aim of the Activ2Gether (A2G) app, is to contribute to empowering young adults to be and remain physically active. A2G makes use of personalized, real-time and context specific feedback and an activity tracker (Fitbit). A2G uniquely combines behavior change techniques with a model-based reasoning system in order to provide context specific coaching messages. The messages are based on proven behavior change techniques (e.g., self-monitoring, goal-setting, social-comparison) and are framed in an autonomy-supportive style. Furthermore, social network techniques will be used to influence beliefs and subsequent behavior.

## Doel van het onderzoek

Active2Gether effectively increases levels of physical activity in young adults.

## Onderzoekopzet

3 time points:

baseline (T1): (intake questionnaire & Actigraph)

1.5 months follow-up (T2): intake questionnaire  
and evaluation at 3-month follow-up (T3): Intake questionnaire & Actigraph

## Onderzoeksproduct en/of interventie

A2G intervention will be delivered through an web-based app, adjusted for the intervention condition.

The A2G intervention – including tailoring based on the computational model – will be compared with: (a) the A2G intervention with random coaching messages, (b) the Fitbit condition, where participants will only receive a Fitbit device and access to the Fitbit website, (c) the control group, where the participants will solely receive general information about physical activity through the A2G app.

16-sep-2016 NEW:

- a) The A2G intervention with tailored coaching messages, social comparison and self-monitoring
- b) The A2G intervention without coaching messages and only social comparison and self-monitoring
- c) The Fitbit group with a Fitbit and the Fitbit app

## Contactpersonen

### Publiek

-

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### Wetenschappelijk

-

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## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Healthy young adults aged 18-30 years living in the Netherlands and Dutch speaking

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

have diseases and medications known to alter metabolic rate; have major orthopedic limitations or are morbidly obese.

## Onderzoeksopzet

### Opzet

|                  |                         |
|------------------|-------------------------|
| Type:            | Interventie onderzoek   |
| Onderzoeksmodel: | Parallel                |
| Toewijzing:      | Gerandomiseerd          |
| Blinding:        | Open / niet geblindeerd |
| Controle:        | Geneesmiddel            |

### Deelname

|                         |                      |
|-------------------------|----------------------|
| Nederland               |                      |
| Status:                 | Werving gestart      |
| (Verwachte) startdatum: | 10-01-2016           |
| Aantal proefpersonen:   | 150                  |
| Type:                   | Verwachte startdatum |

### Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

**Wordt de data na het onderzoek gedeeld:** Nog niet bepaald

## Ethische beoordeling

|                 |                  |
|-----------------|------------------|
| Positief advies |                  |
| Datum:          | 08-01-2016       |
| 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        | NL5365     |
| NTR-old        | NTR5630    |
| Ander register | NA : 12014 |

## Resultaten

### Samenvatting resultaten

Klein, M.C.A., Manzoor, A., Middelweerd, A., Mollee, J.S., te Velde, S.J. (2015). Encouraging Physical Activity via a Personalized Mobile System. In IEEE Internet Computing, 19(4), 20-27.