

Active plus: implementation and evaluation of two tailored physical activity interventions among the over-fifties.

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

Samenvatting

ID

NL-OMON22509

Bron

Nationaal Trial Register

Verkorte titel

N/A

Aandoening

1. Physical activity;
2. computer tailoring;
3. older adults.

(NLD: lichaamsbeweging; advies op maat; ouderen).

Ondersteuning

Primaire sponsor: Open University of the Netherlands

Overige ondersteuning: ZON-MW, The Netherlands Organization for Health Research and

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Change in physical activity behavior (0 months, 3 months, 6 months, 12 months) using a validated questionnaire (SQUASH).

Toelichting onderzoek

Achtergrond van het onderzoek

In this study, the effectiveness of two tailored physical activity interventions are evaluated. The study will have a double-blind longitudinal design. Three conditions will be included, in which the participants will be randomly assigned to:

1. the first intervention condition: subjects receive tailored advice three times on their psychosocial and environmental determinant of physical activity. The intervention will tailor on three levels: awareness of physical activity, behavioural change and maintenance of behavioural change;

2. the second intervention condition: subjects receive tailored advice three times on their psychosocial determinants of physical activity and in more details on physical and social environmental determinants. Additionally, there will be an extra intervention to stimulate participation in local activities that stimulate physical activity among the over-fifties, and stimulate the formation of buddy-systems;

3. the (waiting)control condition: participants receive no tailored advice during the study period (12 months). At the end of the study, all participants in this condition who filled in the last questionnaire will receive a tailored advice.

The two intervention conditions will receive tailored advice at three times: two weeks after baseline assessment, 6 weeks and 3,5 months after the first baseline assessment. During the implementation period, evaluation assessments will be taken at four times: at the start (T0: also the data base for the first and second tailored advice), after 3 months (T1: also the data base for the third tailored advice), 6 months (T2) and after 12 months (T3).

Doel van het onderzoek

1. It is hypothesized that participation in the Active plus program contributes to an increase in physical activity behaviour among older adults;

2. Additionally receiving physical and social environmental information results in an extra increase in physical activity behaviour among older adults;
3. An analysis of the most important determinants of physical activity initiation and maintenance can be made.

Onderzoeksopzet

N/A

Onderzoeksproduct en/of interventie

6 regions of the Community Health Service in the Netherlands, that intended to participate in the study, were randomized into 1 of the 3 research groups. In each region 1 or 2 small cities were approached on the study. In each region, about 1250 randomly selected older adults (aged 50 or older) were informed about the project by means of an information letter, and were asked to participate and fill in the attached first questionnaire. Furthermore, attention was paid about the project in local newspapers and in meeting points of older adults by means of information posters.

Two tailored physical activity interventions are developed. In the first intervention condition subjects will receive tailored advice three times on their psychosocial and environmental determinants of physical activity.

The intervention will tailor on three levels:

1. awareness of physical activity;
2. behavioural change;
3. maintenance of behavioural change.

In the second intervention condition subjects will receive tailored advice three times on their psychosocial determinants of physical activity and in more details on environmental determinants.

Additionally, there will be an extra intervention tailored on physical and social environmental determinants that stimulates participation in local activities and initiatives that stimulates physical activity among older adults (sportclubs, walking and cycling routes) and to stimulate buddy systems.

The two intervention conditions will receive tailored advice at three times: two weeks after baseline assessment, 6 weeks and 3,5 months after the first baseline assessment.

During the implementation period, evaluation assessments will be taken at four times:

at the start (T0: also the data base for the first and second tailored advice), after 3 months (T1: also the data base for the third tailored advice), 6 months (T3) and after 12 months (T4).

The control group, is a control waiting group and does not receive tailored advice during the first 12 months.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Persons will be included if they are aged 50 or older.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Persons are excluded if a physician advised against participating in physical activity or exercise.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Dubbelblind
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving tijdelijk gestopt
(Verwachte) startdatum:	01-03-2007
Aantal proefpersonen:	2000
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	25-02-2007
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	NL896
NTR-old	NTR920
Ander register	:
ISRCTN	ISRCTN wordt niet meer aangevraagd

Resultaten

Samenvatting resultaten

N/A