The effect of an exercise referral program (exercise on prescription) on physical activity among non-Western migrant women: a randomized controlled trial

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Ethische beoordeling	Niet van toepassing
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON24757

Bron
NTR

Verkorte titel
VIDA: Vrouwen In Den haag: op weg naar een Actieve leefstijl

Aandoening

Physical inactivity

Ondersteuning

Primaire sponsor: ZonMW Sport, Bewegen en Gezondheid 2: deelpr. Onderzoeksprojecten: 75020013
Overige ondersteuning: The primary sponsor ZonMw and the AMC, department of Social Medicine, Prof. Dr. K Stronks

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary outcome measure is physical activity (and motivational determinants) measured with a questionnaire. This will be measured at baseline, after 6 months and after 12 months

Toelichting onderzoek

Achtergrond van het onderzoek

In the Netherlands, only half of the population meets the current recommendations for physical activity. Several studies in the Netherlands have shown that non-Western migrant populations, are even less physically active than the ethnic Dutch population. A lack of physical activity is an important risk factor for disease and may therefore be a major contributing factor to disparities in health that are observed among these populations. Of the interventions aimed at increasing physical activity that have been developed in the Netherlands, the exercise referral scheme “Bewegen op Recept” (BOR), is one that successfully targets this population. The main objective of our study is to evaluate the effect of an exercise referral scheme (BOR) on physical activity among women with a non-Western background. The study will be set up as a randomised controlled trial. In total, 350 women, recruited from general practices in deprived neighbourhoods in The Hague, will be randomly allocated to the intervention or control group. Women in the intervention group will have an intake with a lifestyle advisor, followed by 20 supervised exercise sessions. After 6 months, i.e. at the end of the intervention, and after 12 months, i.e. 6 months after the intervention, the level of physical activity and several other secondary outcomes, will be assessed in both groups.

Onderzoeksopzet

Data will be collected at baseline, after 6 months and after 12 months.

Onderzoeksproduct en/of interventie

Women are randomized into the intervention group (exercise on prescription) or into the control group. The intervention consists of 20 weekly sessions of supervised exercise. The control group receives usual care.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Non-Western migrant women in The Hague

2. Physically inactive*

3. Aged 18 and over

4. Frequent GP visits in the three month period before start of inclusion

* Definition: not meeting the (international) recommendation of at least 30 minutes of moderate activity during 5 or more days in a week.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Sufficiently active

2. Participation in exercise of prescription in the year preceding the start of inclusion

3. Pregnancy

4. Diagnosis or treatment of cancer, or any other disorder that makes physical activity impossible.

5. Planned emigration or a long-term stay abroad

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-10-2008
Aantal proefpersonen:	350
Type:	Verwachte startdatum

Ethische beoordeling

Niet van toepassing

Soort:	Niet van toepassing

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	NL1248
NTR-old	NTR1294
Ander register	: 75020013
ISRCTN	ISRCTN wordt niet meer aangevraagd

Resultaten

Samenvatting resultaten
N/A