

An online physical activity program for German and Dutch adults delivered by SMS.

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Tailored feedback delivered via SMS may be an effective way to improve exercise. Exercise interventions may affect other health behaviors. We expect to find the experimental group being more physically active and having a healthier lifestyle...

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

Samenvatting

ID

NL-OMON27719

Bron

Nationaal Trial Register

Verkorte titel

A web-based physical activity intervention delivered by tailored mobile phone short text messages: a randomized controlled trial among German and Dutch adults

Aandoening

physical activity, lifestyle, computer tailoring, Internet, web-based, online intervention, mobile phone, sms

Ondersteuning

Primaire sponsor: Create (Collaborative Research and Training in the EHPS)

Overige ondersteuning: Create (tandem grant 2012)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The main aim of this study is to assess the effectiveness of a physical exercise intervention delivered to German and Dutch adults via mobile telephone short messages service (SMS).

We aim to answer the following research questions: Do individuals profit from receiving additional tailored text message prompts in terms of changes in physical activity behavior compared to controls?

Toelichting onderzoek

Achtergrond van het onderzoek

The main aim of this study is to assess the effectiveness of a physical exercise intervention delivered to German and Dutch adults via mobile telephone short messages service (SMS). Secondly, it will be investigated whether and how an exercise intervention may affect other health behaviors.

Using a randomized controlled trial, levels of exercise, social cognitions, and other health behaviors will be assessed at four measurement points among 260 adults. The experimental group will receive several mobile phone short messages tailored to exercise-specific cognitions from the HAPA and I-Change model.

By means of multivariate analyses, we expect to find the experimental group being more physically active and having a healthier lifestyle in general compared to the control group.

Doel van het onderzoek

Tailored feedback delivered via SMS may be an effective way to improve exercise.

Exercise interventions may affect other health behaviors.

We expect to find the experimental group being more physically active and having a healthier lifestyle in general compared to the control group.

Onderzoeksopzet

Levels of physical exercise, social cognitions (self-efficacy, intention, action plans), and other health behaviors (nutrition, alcohol intake, smoking) will be assessed at up to four measurement points:

T0 (baseline);

T1 (after one week);

T2 (after two weeks);

T3 (after three weeks).

Demographic variables (gender, age, marital status, educational level, height and weight) will be measured at T0. Height and weight will also be measured at T3.

Onderzoeksproduct en/of interventie

Since eHealth interventions hold promise for increasing reach of people and health behavior change, a bilingual (German and Dutch), web-based tailored program for adults of the general population will be developed aimed at physical activity.

By use of questionnaires, physical activity level, nutrition, alcohol intake and smoking behavior will be assessed, in addition to multiple health behavior cognitions (e.g., transfer) and demographic factors.

Using an RCT, our respondents will be randomized among two groups: The control group will receive the questionnaire four times (at baseline and afterwards once per week plus 1 general short message) whereas the experimental group will, additionally, receive tailored short messages on their mobile phones concerning physical activity. The messages will be based on different social-cognitive exercise-specific factors, such as self-efficacy, planning and motivation.

Data for the analyses will come from the two subsamples – one in Germany and one in the Netherlands.

Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Being at least 18 years old;
2. Sufficient understanding of the German / Dutch language;
3. Computer / Internet literacy;
4. Valid mobile phone number.

Recruitment will take place through the distribution of flyers and posters in public places and by announcements on websites of the universities.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Health complaints that bar respondents from regular physical exercise;

Onderzoeksopzet

Opzet

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

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-09-2012
Aantal proefpersonen:	260
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	19-06-2012
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	NL3328
NTR-old	NTR3489
Ander register	Tandem grant : Create
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A