Tailored advice on running injury prevention in trail running

Gepubliceerd: 06-10-2015 Laatst bijgewerkt: 18-08-2022

1. The TrailS6 intervention will be effective on changing running training and general conditioning exercise behaviours towards to running injury prevention; 2. The TrailS6 intervention will be effective on reducing the prevalence of running...

Ethische beoordeling	Positief advies
Status	Anders
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON27805

Bron
Nationaal Trial Register

Verkorte titel
TrailS6

Aandoening

- Preventive behaviour (preventiegedrag);
- Running-related injuries (hardloopblessures).

Ondersteuning

Primaire sponsor: Amsterdam Collaboration on Health and Safety in Sports, Department of Public & Occupational Health and the EMGO+ Institute for Health and Care Research, VU University Medical Center
Overige ondersteuning: This study has no funding of any nature. The principal investigator of this study has a PhD scholarship granted by Capes (Coordenação de Aperfeiçoamento de Pessoal de Nível Superior), process number 0763/12-8, Ministry of Education of Brazil.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

- Preventive behaviour;
- Prevalence of running-related injuries repeatedly measured over time.

Toelichting onderzoek

Achtergrond van het onderzoek

Rationale: The pandemic of physical inactivity is worrisome worldwide and efforts to reduce its burden should be considered a public health priority. Running is a way to engage people in physical activity and its health benefits are well known. However, running also caries a risk of running-related injuries (RRI), which can lead to substantial health burden to the individual and economic consequences to society.
Participation in trail running is increasing over time. However, the scarcity of epidemiological data on RRIs in trail running preclude proper recommendations for prevention of RRIs in this fast growing sport with a worldwide base of participants.

Objectives: (1) To develop an evidence-based intervention in order to prevent RRIs in trail runners; (2) to evaluate the effectiveness of the evidence-based intervention on the change of preventive behaviour and its determinants; (3) to evaluate the effectiveness of the evidence-based intervention on the prevalence of RRIs repeatedly measured over time; and (4) to evaluate the implementation of the evidence-based intervention.

Study design: Randomised controlled trial with two arms and six months of follow-up.

Study population: Individuals aged 18 or older and involved in trail running.

Main outcomes: (1) Change of preventive behaviour; and (2) prevalence of RRIs repeatedly measured over time.

Methods: After answering the baseline questionnaire, the participants will be randomly assigned to an intervention or a control group. All participants in both groups will receive general advice on RRI prevention in the beginning of the study, and they will be followed-up biweekly in order to assess their RRI status (no RRI, non-substantial RRI or substantial RRI). Based on the RRI status, the participants of the intervention group will receive evidence-based tailored advice on RRI prevention, whilst the participants of the control group will not receive any further intervention. At baseline and after two and six months from baseline, the participants will be asked to answer a preventive behaviour questionnaire. Descriptive and longitudinal regression techniques will be performed to analyse the data.

Doel van het onderzoek

1. The TrailS6 intervention will be effective on changing running training and general conditioning exercise behaviours towards to running injury prevention;

2. The TrailS6 intervention will be effective on reducing the prevalence of running injuries repeatedly measured over time;

3. With regards to the process evaluation, the TrailS6 intervention will reach acceptable results in terms of effectiveness and implementation.

Onderzoeksopzet

- Baseline, 2 and 6 months after baseline for the preventive behaviour measurements and its determinants;

- Biweekly repeated measurements throughout the study (6 months) for the prevalence of running-related injuries.

Onderzoeksproduct en/of interventie

TrailS6 is an evidence-based tailored advice intervention based on the running injury profile given by the Oslo Sports Trauma Research Centre (OSTRC) questionnaire. The intervention is aimed at changing preventive behaviour and consequently reducing the prevalence of running injuries repeatedly measured over time in trail runners.

- Intervention group: After the baseline measurements, the participants assigned to the intervention group will receive evidence-based general advice towards running injury prevention. During the follow-up, participants with no running injuries according to the OSTRC questionnaire will receive a reminder of the evidence-based general advice in order to maintain their no-injured status (primary prevention). Participants with non-substantial running injuries according to the OSTRC questionnaire will receive evidence-based tailored advice in order to prevent the non-substantial running injury to become a substantial running injury (secondary prevention). Participants with substantial running injuries according to the OSTRC questionnaire will receive evidence-based tailored advice in order to prevent further consequences or permanent damage related to running injuries (tertiary prevention).

- Control group: After the baseline measurements, the participants assigned to the control group will receive evidence-based general advice towards running injury prevention. However, during the follow-up they will not receive any further intervention.

Contactpersonen

Publiek

Evert Verhagen
[default]
The Netherlands
+31 (0)20 4449684

Wetenschappelijk

Evert Verhagen
[default]
The Netherlands
+31 (0)20 4449684

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Individuals aged 18 or older;

- Individuals involved in trail running (training and/or competition).

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Contraindications for vigorous physical activities according to the American College of Sports Medicine (ACSM) guidelines.

Onderzoeksopzet

Opzet

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

Controle:	Geneesmiddel

Deelname

Nederland

Status:	Anders
(Verwachte) startdatum:	01-12-2015
Aantal proefpersonen:	210
Type:	Onbekend

Ethische beoordeling

Positief advies

Datum:	06-10-2015
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	NL5322
NTR-old	NTR5431
Ander register	2015.302 : VUmc2015-410

Resultaten