The effect of an educational smart-phone application on a-specific lower back pain

Gepubliceerd: 03-10-2016 Laatst bijgewerkt: 18-08-2022

Low back pain (LBP) is a common and frustrating morbidity. Throughout the world it is the leading cause of economic and health-care costs. As much as 98% of all humans is thought to experience LBP at some point in their lives. Although it’s frequent...

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

Samenvatting

ID

NL-OMON28653

Bron
NTR

Verkorte titel
Back Trainer 1

Aandoening

Lower back pain, Application, physiotherapy

Ondersteuning

Primaire sponsor: Sportgeneeskunde Tjongerschans
Overige ondersteuning: Provincie Friesland

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

• Difference in change of Quebec Back Pain Disability score over a 3-month period.

Toelichting onderzoek

Achtergrond van het onderzoek

Lower back pain (LBP) is a common and frustrating morbidity. Throughout the world it is the leading cause of economic and health-care costs. As much as 98% of all humans is thought to experience LBP at some point in their lives. Although it’s frequent occurrence, the exact mechanisms and pathophysiological entity of this common morbidity is still largely unknown. The use of an electronic assistant in education and support has not been investigated. The aim of this trial is to investigate whether an electronic assistant aids in treatment. In a observational study, in which the application is tested during 3 months.

Doel van het onderzoek

Low back pain (LBP) is a common and frustrating morbidity. Throughout the world it is the leading cause of economic and health-care costs. As much as 98% of all humans is thought to experience LBP at some point in their lives. Although it’s frequent occurrence, the exact mechanisms and pathophysiological entity of this common morbidity is still largely unknown.

Inactivity leads to numerous health problems and LBP is one of the most common entities of inactivity. It is known that education and support in physical fitness reduces the burden of LBP. However, the use of an electronic assistant in education and support has not been investigated. The aim of this trial is to investigate whether an electronic assistant aids in treatment of LBP

Onderzoeksopzet

t=0

t=4 weeks

t=8 weeks

t=12 weeks

Onderzoeksproduct en/of interventie

Behavioural intervention will be provided with an electronic assistant

Contactpersonen

Publiek

Jean Driessen
Thialfweg 44

Heerenveen 8441 PW
The Netherlands
0513-685685

Wetenschappelijk

Jean Driessen
Thialfweg 44

Heerenveen 8441 PW
The Netherlands
0513-685685

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

• Lower back pain

• Willing to use a phone application

• Age between 18 and 55

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

• Any illness that will require hospitalization.

Onderzoeksopzet

Opzet

Type: Interventie onderzoek

Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm
Blindering:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-11-2016
Aantal proefpersonen:	42
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	NL6041
NTR-old	NTR6172
Ander register	Tjongerschans Sportscience : 2016-02

Resultaten

Samenvatting resultaten
none as of yet