

# Screening and Counseling for physical Activity and Mobility in Older people

<b>Submission date</b> 06/10/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 15/11/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 12/11/2012	<b>Condition category</b> Signs and Symptoms	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**

Ministry of Education: 104/22/2004; Ministry of Social Affairs and Health: 09/TER/2005

# Study information

## Scientific Title

## Acronym

SCAMOB

## Study objectives

Physical activity counseling promotes physical activity, prevents mobility limitation and disability in older people.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Not provided at time of registration.

## Study design

Randomised controlled trial

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Screening

## Participant information sheet

## Health condition(s) or problem(s) studied

Mobility limitation

## Interventions

The intervention comprised a physical activity counseling session together with a physiotherapist followed by regular phone contacts four times a year throughout the two-year intervention. We promoted use of existing exercise services available for older people which are available for the participants also after finishing the project. The control group received no intervention. Physical activity, health and mobility were followed-up in three biannual telephone interviews in both the intervention and control group throughout the intervention. The follow-up interviews and physical assessments corresponding to those of baseline were done two years after the baseline in 2005. After these two-year follow-up examinations physical activity level and mobility limitation will be followed-up in three telephone interviews six months apart to the

end of 2006. Follow-up of service use will continue until the end of the year 2007 and follow-up of institutionalisation and mortality until the death of the participant or 20 years; the data will be collected from population registers.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome measure**

1. Physical activity level
2. Functional impairments
3. Mobility limitation
4. Disability
5. Quality of life

**Secondary outcome measures**

1. Use of health and social services
2. Institutionalisation
3. Mortality

**Overall study start date**

31/03/2003

**Completion date**

31/12/2007

**Eligibility****Key inclusion criteria**

Cognitively intact community-living older people; the study group consisted of all the 75 - 81 year-old people living in the city center area in Jyväskylä, Finland. The inclusion criteria were set as follows:

1. The ability to walk at least 0.5 km without assistance
2. Only moderately physically active or sedentary
3. No memory impairment (Mini Mental State Examination [MMSE] greater than 21)
4. No medical contraindications for physical activity
5. Informed consent to participate

**Participant type(s)**

Patient

**Age group**

Senior

**Sex**

Both

**Target number of participants**

Target population n = 1310, study group n = 632

### **Key exclusion criteria**

Those with severe mobility limitation (not able to walk 0.5 km independently), and those who were physically active (greater than 4 exercise a week), were excluded. In addition, subjects with MMSE points less than 22 were excluded.

### **Date of first enrolment**

31/03/2003

### **Date of final enrolment**

31/12/2007

## **Locations**

### **Countries of recruitment**

Finland

### **Study participating centre**

**Finnish Centre for Interdisciplinary Gerontology**

Jyväskylä

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FIN-40014

## **Sponsor information**

### **Organisation**

Ministry of Education (Finland)

### **Sponsor details**

PL 29

00023 Valtioneuvosto

Helsinki

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00023

### **Sponsor type**

Government

### **Website**

<http://www.minedu.fi/OPM/?lang=en>

### **ROR**

<https://ror.org/02w52zt87>

# Funder(s)

## Funder type

Government

## Funder Name

Ministry of Education (Finland)

## Alternative Name(s)

Ministry of Education of the Republic of Korea, , MOE

## Funding Body Type

Government organisation

## Funding Body Subtype

National government

## Location

Korea, South

## Funder Name

Ministry of Social Affairs and Health (Finland)

## Funder Name

City of Jyväskylä (Finland)

## Funder Name

University of Jyväskylä (Finland)

# Results and Publications

## Publication and dissemination plan

Not provided at time of registration

## Intention to publish date

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Protocol article</a>	protocol	01/04/2007		Yes	No
<a href="#">Results article</a>	results	01/08/2011		Yes	No
<a href="#">Results article</a>	results	01/12/2012		Yes	No