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

Submission date	Recruitment status No longer recruiting	<ul><li>Prospectively registered</li></ul>		
06/10/2005		[X] Protocol		
Registration date	Overall study status Completed	Statistical analysis plan		
15/11/2005		[X] Results		
Last Edited	Condition category	[] Individual participant data		
12/11/2012	Signs and Symptoms			

#### Plain English summary of protocol

Not provided at time of registration

#### Contact information

#### Type(s)

Scientific

#### Contact name

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#### Contact details

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#### Additional identifiers

#### Protocol serial number

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

#### Study type(s)

Screening

#### 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(s)

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

#### Key secondary outcome(s))

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

#### 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** 

#### Healthy volunteers allowed

No

#### Age group

Senior

#### Sex

All

#### 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 Finland FIN-40014

## Sponsor information

#### Organisation

Ministry of Education (Finland)

#### **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**

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?
Results article	results	01/08/2011		Yes	No
Results article	results	01/12/2012		Yes	No
Protocol article	protocol	01/04/2007		Yes	No