

Screening and Counseling for physical Activity and Mobility in Older people

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

Finland

FIN-40014

Sponsor information**Organisation**

Ministry of Education (Finland)

Sponsor details

PL 29

00023 Valtioneuvosto

Helsinki

Finland

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