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Supervised high intensity continuous and interval training vs self-paced training in Chronic Obstructive Pulmonary Disease (COPD)

Submission date	Recruitment status	[_] Prospectively registered
23/02/2007	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
29/03/2007	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
22/09/2021	Respiratory	

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
Interval training 01

Study information

Scientific Title
Supervised high intensity continuous and interval training vs self-paced training in Chronic Obstructive Pulmonary Disease (COPD)

Acronym
INTCONT

Study objectives
To determine differences in responses to supervised high intensity training utilizing either continuous or interval training profiles compared to a self-paced exercise program.

Ethics approval required
Old ethics approval format

Ethics approval(s)
The Regional Ethical Committee on Biomedical Research Involving Human Subjects at Szeged University, Faculty of Medicine and Pharmaceutics approved the study on 18 December 2006 with a reference number 134/2006.

Study design
Randomized trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Not Specified

Participant information sheet

Health condition(s) or problem(s) studied
Moderate to severe COPD patients

Interventions
Three study groups will be studied:

A. Supervised, high intensity continuous training
B. Supervised, interval training
C. Home-based self paced training program

The assignment of patients to group C will be based on the accessibility of the research center to the patients. We have to use this approach because the travel distance in the area would be unreasonable. The assignment of the subjects to the other two groups (A and B) is randomized.

High intensity constant work rate (CWR) training protocol involved exercising on a cycle ergometer at a work rate equivalent to 80% peak work rate achieved on a pre-training incremental exercise test. The CWR was continued for 45 minutes per session, three sessions per week for 8-week training period.

Interval training: involved a 30 min period of cycling for 2 minutes at 90% peak work rate followed by 1 minute at 50% peak work rate. This 30 min period was preceded and followed by approximately 7.5 minutes of exercise at 50% peak work rate (warm-up and cool-down phase).

Home training involved cycling, stair climbing and walking in their natural environment with the same weekly periodicity and time interval as used in the in-center programs. The home training period also lasted for 8 weeks.

Intervention Type
Other

Phase
Not Specified

Primary outcome measure
Change in peak oxygen uptake in the incremental test.

Secondary outcome measures
1. After training changes in peak work rate
2. Quality of life
3. Lactate threshold
4. Changes in isotime physiologic variables (minute ventilation, ventilatory equivalents, respiratory rate and heart rate)

Overall study start date
07/01/2002

Completion date
02/01/2008

Eligibility

Key inclusion criteria
1. COPD patients
2. Forced Expiratory Volume in the first second (FEV1)<80% and FEV1/ Forced Vital Capacity (FVC)<70%

Participant type(s)
Patient

Age group
Not Specified

Sex
Not Specified

Target number of participants
80

Total final enrolment
71

Key exclusion criteria
Severe cardiovascular, neurological or exercise-limiting muskuloskeletal diseases

Date of first enrolment
07/01/2002

Date of final enrolment
02/01/2008

Locations

Countries of recruitment
Hungary

Study participating centre
Alkotmany u 36
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Sponsor information

Organisation
Department of Pulmonology, Szeged University, Faculty of Medicine and Pharmaceutics (Hungary)

Sponsor details
Alkotmány u 36
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Sponsor type
University/education

ROR
https://ror.org/01pnej532

Funder(s)

Funder type
University/education

Funder Name
Department of Pulmonology, Szeged University, Faculty of Medicine and Pharmeceutics (Hungary)

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?
Results article		01/11/2007	22/09/2021	Yes	No