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

Submission date	Recruitment status No longer recruiting	<ul><li>Prospectively registered</li></ul>		
23/02/2007		☐ 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

#### Contact name

Dr Attila Somfay

#### Contact details

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## Additional identifiers

## Protocol serial number

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

#### Study type(s)

**Not Specified** 

#### 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(s)

Change in peak oxygen uptake in the incremental test.

#### Key secondary outcome(s))

- 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)

#### 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

#### Healthy volunteers allowed

No

#### Age group

**Not Specified** 

#### Sex

**Not Specified** 

#### 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

Deszk Hungary 6772

# Sponsor information

#### Organisation

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

#### **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**

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