

A randomised controlled trial investigating the effectiveness of regular group aerobic exercise sessions on the health and psychological well-being of people with mild MS

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| Submission date 12/09/2003 | Recruitment status No longer recruiting | <input type="checkbox"/> Prospectively registered |
| Registration date 12/09/2003 | Overall study status Completed | <input type="checkbox"/> Protocol |
| Last Edited 02/11/2016 | Condition category Nervous System Diseases | <input type="checkbox"/> Statistical analysis plan |
| | | <input type="checkbox"/> Results |
| | | <input type="checkbox"/> Individual participant data |
| | | <input type="checkbox"/> Record updated in last year |

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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N0263104849

Study information

Scientific Title

A randomised controlled trial investigating the effectiveness of regular group aerobic exercise sessions on the health and psychological well-being of people with mild MS

Study objectives

Does regular aerobic exercise improve health and well being in people with mild MS?

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)

Hospital

Study type(s)

Treatment

Participant information sheet

Not available in web format, please use contact details to request a participant information sheet

Health condition(s) or problem(s) studied

Nervous System Diseases: Multiple sclerosis (MS)

Interventions

1. Group aerobic exercise programme
2. Educational sessions

Intervention Type

Behavioural

Primary outcome measure

1. Heart rate, blood pressure, muscle strength, 6 min walking tests
2. Quality of life questionnaire
3. Physiological cost index

Secondary outcome measures

Not provided at time of registration

Overall study start date

01/03/2001

Completion date

01/12/2007

Eligibility

Key inclusion criteria

Not provided at time of registration

Participant type(s)

Patient

Age group

Not Specified

Sex

Not Specified

Target number of participants

96 patients from Neurorehabilitation & Therapy Services

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/03/2001

Date of final enrolment

01/12/2007

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

National Hospital for Neurology & Neurosurgery
London
United Kingdom
WC1N 3BG

Sponsor information

Organisation

Department of Health (UK)

Sponsor details

Richmond House
79 Whitehall
London
United Kingdom
SW1A 2NL

Sponsor type

Government

Website

<http://www.doh.gov.uk>

Funder(s)

Funder type

Government

Funder Name

University College London Hospitals NHS Trust (UK)

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