# Multidimensional Individualised Physical Activity profiles for behaviour Change using Technology

Submission date 31/07/2013

Recruitment status

No longer recruiting

Registration date 31/07/2013

Overall study status

Completed

Last Edited

**Condition category** 

14/08/2020 Other

[X] Prospectively registered

[X] Protocol

Statistical analysis plan

[X] Results

Individual participant data

# 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 14972

# Study information

#### Scientific Title

Multidimensional Individualised Physical Activity profiles for behaviour Change using Technology

#### Acronym

MiPACT Project

#### Study objectives

Physical activity has the potential to offer a great deal to the success of public health initiatives targetting chronic disease if only we can get enough people to change their behaviour.

It is becoming increasingly apparent that there are multiple ways to harness the protective properties of physical activity because there are various dimensions to this behaviour that are independently important. Thus, we do not all have to do the same thing (one size does not fit all). Rapid developments in technology mean that we can now portray simple and/or sophisticated physical activity 'profiles' and personalised illustrations of current physical activity dimensions. In turn, this means that we can promote a smorgasbord of personalised physical activity choices with options tailored to an individual's need and preferences.

Funded by the National Prevention Research Initiative (Medical Research Council) the purpose of the proposed research (the MiPACT Project) is to use use new technologies to develop visual multidimensional physical activity profiles and examine whether personalised social marketing of these profiles, over a 12-week intervention period, is more effective than 'usual care' at improving physical activity behaviour, reducing future health risk and improving wellbeing in male and female adults (aged between 40-70 years) who are at risk of cardiovascular disease and type II diabetes.

#### Ethics approval required

Old ethics approval format

# Ethics approval(s)

South West - Frenchay Research Ethics Committee, 06/09/2013, ref: 13/SW/0179

# Study design

Randomised interventional trial; Design type: Prevention

# Primary study design

Interventional

# Study type(s)

Prevention

# Health condition(s) or problem(s) studied

Topic: Primary Care Research Network for England; Subtopic: Not Assigned; Disease: All Diseases

#### **Interventions**

- 1. Mi-PACT Programme, One-to-one personalised social marketing of multi-dimensional physical activity profiles
- 2. Usual care

### Intervention Type

Other

#### Phase

Not Applicable

#### Primary outcome(s)

Physical Activity; Timepoints: 0, 3 and 12 months

#### Key secondary outcome(s))

- 1. Perceived competence, relatedness, autonomy, motivation, exercise habits/intentions, health status; Timepoints: 0, 3 and 12 months
- 2. Weight, waist circumference, blood pressure, fat mass, lipids, glucose control, C-reactive protein; Timepoints: 0, 3 and 12 months

#### Completion date

31/03/2015

# Eligibility

#### Key inclusion criteria

- 1. Males and females aged between 40-70 years
- 2. Medium risk as identified by a 10-year QRISK, QDScore and/or QIntervention of 10-20% and high risk as >20%.

#### Participant type(s)

Patient

# Healthy volunteers allowed

No

#### Age group

Adult

#### Sex

All

#### Total final enrolment

204

#### Key exclusion criteria

- 1. Individuals diagnosed with cornonary heart disease, chronic kidney disease, type II diabetes, stroke, heart failure and peripheral disease, severe hypertension.
- 2. Individuals with a BMI >40 kg/m2, use of weight loss drugs, individuals unable to change their physical activity or individuals who already lead highly physically active lives.

#### Date of first enrolment

01/10/2013

#### Date of final enrolment

31/03/2015

# Locations

#### Countries of recruitment

United Kingdom

England

Study participating centre
Department for Health
Bath
United Kingdom
BA2 7AY

# Sponsor information

#### Organisation

University of Bath (UK)

#### **ROR**

https://ror.org/002h8g185

# Funder(s)

## Funder type

Research council

#### **Funder Name**

Medical Research Council (MRC) - National Prevention Research Initiative (UK) Grant Codes: MR /J0004OX/1

# **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	08/08/2020	13/08/2020	Yes	No
Protocol article	protocol	28/08/2015		Yes	No
HRA research summary			28/06/2023	No	No