

# Pilot study to assess the feasibility of running a randomised controlled trial to evaluate the effectiveness of physical activity promotion in general practice in increasing levels of exercise and reducing mental health problems among adolescents

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| <b>Submission date</b><br>12/09/2003   | <b>Recruitment status</b><br>Stopped                          | <input type="checkbox"/> Prospectively registered    |
| <b>Registration date</b><br>12/09/2003 | <b>Overall study status</b><br>Stopped                        | <input type="checkbox"/> Protocol                    |
| <b>Last Edited</b><br>27/09/2011       | <b>Condition category</b><br>Mental and Behavioural Disorders | <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

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## Additional identifiers

**Protocol serial number**  
N0096112100

# Study information

## Scientific Title

### Study objectives

Pilot to assess the feasibility of running a large-scale trial to evaluate the effectiveness of nurse-led consultations in promoting adolescent physical activity.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Ethics approval was received from the local medical ethics committee before trial recruitment began.

### Study design

Randomised controlled trial

### Primary study design

Interventional

### Study type(s)

Not Specified

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

Mental and Behavioural Disorders

### Interventions

Teenagers will be invited to complete questionnaires about their exercise and other health related behaviours. Those who report that they do not exercise regularly will be randomised to one of two groups.

The intervention group will be invited to a consultation with their practice nurse to discuss exercise and related lifestyle. The nurse will record physical health measures and encourage the teenager to develop a detailed written plan to achieve self-selected physical activity goals. Vouchers will be provided to encourage increased use of local sports centres. The nurse will also provide telephone support.

Control teenagers will receive usual care.

After 4 months both intervention and control group teenagers will be invited to complete a follow-up questionnaire and attend a brief health-check with their practice nurse. Non-attenders will be sent a final follow-up questionnaire at home.

Added 5 September 2008: trial stopped due to poor recruitment.

### Intervention Type

Other

**Phase**

Not Specified

**Primary outcome(s)**

Group comparison in terms of:

1. Frequency of exercise
2. Stage of change for exercise
3. Change in mental health scores (CES-DC)
4. Physical health measures (body mass index [BMI], peak flow, blood pressure)

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

31/10/2004

**Eligibility****Key inclusion criteria**

Patients aged 13-17, 1400 in total registered at three general practices in Hertfordshire.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

13 years

**Upper age limit**

17 years

**Sex**

Not Specified

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/08/2002

**Date of final enrolment**

31/10/2004

**Locations**

## **Countries of recruitment**

United Kingdom

England

## **Study participating centre**

**CRIPACC**

Hatfield, Herts

United Kingdom

AL10 9AB

## **Sponsor information**

### **Organisation**

Department of Health (UK)

## **Funder(s)**

### **Funder type**

Government

### **Funder Name**

HertNet / CRIPACC (UK)

## **Results and Publications**

### **Individual participant data (IPD) sharing plan**

### **IPD sharing plan summary**

Not provided at time of registration