

Interval-Brisk Walking in Healthy Older Adults

Submission date 24/06/2005	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 28/07/2005	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 13/08/2012	Condition category Other	<input type="checkbox"/> Individual participant data

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
3134

Study information

Scientific Title

Study objectives

1. Can subjects be effectively recruited?
2. Can both exercise therapies (study and control) be safely employed in an older adult population?
3. Can strategies be developed to ensure acceptable patient compliance?
4. Can appropriate quality assurance initiatives (e.g. patient recruitment, staff training, data collection) be developed to ensure the successful completion of a larger study?

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

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Healthy older adults

Interventions

An interval-brisk-walking-training program consisting of three sessions per week for 4 weeks. The subjects will participate in a supervised indoor/outdoor training program consisting of repetitions of 30 seconds of brisk walking followed by 3 minutes of recovery walking.

The control group will attend a one-hour training session on the principles of exercise. Participants will be advised to perform moderate endurance exercise at home, such as walking, gardening and swimming three sessions per week for one month.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Six-Minute Walk
2. Fifty-Foot Fast Walk

Key secondary outcome(s)

1. Stroop Color-Word Test
2. Symbol-Digits Modalities Test
3. Five-Minute Walk
4. Repeated Sit-to-Stand

5. Repeated Trunk Flexion
6. Dynamic Balance
7. Medical Outcomes Study Short-form Health Survey 36-items

Completion date

01/09/2005

Eligibility

Key inclusion criteria

1. English literacy
2. Age 65 to 75 years
3. Accessible by telephone
4. Vision and hearing adequate to complete the tasks administered in this study
5. Signed informed consent (not by proxy)
6. Nonsmoker
7. At least 30 minutes of physical activity at least 3 days per week

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Senior

Sex

All

Key exclusion criteria

1. Orthopedic and gait influencing conditions (e.g. severe chronic low back pain)
2. Cognitive deficits (e.g. self-reported diagnosis of Alzheimers disease)
3. Medical contraindication to exercise or severe coexisting disease which would interfere with performance
 - 3.1. current cancer
 - 3.2. major surgery within the last year
 - 3.3. current infectious disease
 - 3.4. recent unhealed fractures
 - 3.5. disorders with a highly variable course (e.g. multiple sclerosis)
 - 3.6. falls with fracture
 - 3.7. recurrent falls
 - 3.8. neurologic disease
 - 3.9. seizure disorder
 - 3.10. Huntingtons disease
 - 3.11. Parkinsons disease
 - 3.12. hepatic failure
 - 3.13. renal failure
 - 3.14. cerebrovascular events
 - 3.15. class A-3 or higher (American College of Sports Medicine [ACSM] 1998).

Date of first enrolment

23/06/2005

Date of final enrolment

01/09/2005

Locations

Countries of recruitment

United Kingdom

Canada

Study participating centre**Professor and Director**

Montreal, Quebec

Canada

H3G 1Y5

Sponsor information

Organisation

University of Southampton (UK)

ROR

<https://ror.org/01ryk1543>

Funder(s)

Funder type

University/education

Funder Name

University of Southampton (UK)

Alternative Name(s)

University of Southampton UK

Funding Body Type

Government organisation

Funding Body Subtype

Universities (academic only)

Location

United Kingdom

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?
Abstract results	results reported in conference proceedings	01/06/2007		No	No