ISRCTN39714922 https://doi.org/10.1186/ISRCTN39714922

Effect of singing lessons on physical activity in patients with Chronic Obstructive Pulmonary Disease (COPD)

Submission date
22/11/2010

Recruitment status
No longer recruiting

Registration date
25/11/2010

Overall study status
Completed

Last Edited
11/12/2014

Condition category
Respiratory

[X] Prospectively registered
[_] 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

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Additional identifiers

Protocol serial number
V3

Study information

Scientific Title
Effect of singing lessons on physical activity in patients with COPD: a prospective, single-blind, randomised controlled trial

Study objectives
That 8 weeks of twice weekly vocal coaching will improve daily physical activity in patients with Chronic Obstructive Pulmonary Disease (COPD) compared to a control group taking part in a film club.

Ethics approval required
Old ethics approval format

Ethics approval(s)
The Brompton, Harefield & NHLI Research Ethics Committee, 15/12/2009, ref: 07/H0708/900

Study design
Single-blind prospective randomised controlled trial.

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Chronic Obstructive Pulmonary Disease (COPD)

Interventions
Patients will be randomised to receive either:
1. Singing lessons twice per week for 8 weeks
2. Film club once per week for 8 weeks

Participants will be followed for 1 week after the end of the program.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Daily physical activity assessed using the SenseWear armband at one week after the end of the program

Key secondary outcome(s))
1. Hospital Anxiety Depression (HAD) score
2. COPD Assessment Test (CAT) score
3. Shuttle walk distance
All outcomes will be assessed 1 week after the end of the program

Completion date
01/05/2011

Eligibility

Key inclusion criteria
1. Patients with COPD with MRC dyspnea score >3/5
2. Either sex, aged >21 years

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
1. Patients with a life expectancy of <3 months
2. Patients where a diagnosis of primary hyperventilation has been made i.e. with normal lung function test results
3. Other co-morbidities will be permitted unless they are likely to interfere directly with participation in the study

Date of first enrolment
01/12/2010

Date of final enrolment
01/05/2011

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Royal Brompton Hospital
London
United Kingdom
SW3 6NP

Sponsor information

Organisation

Imperial College London (UK)

ROR
https://ror.org/041kmwe10

Funder(s)

Funder type
Government

Funder Name
National Institute of Health Research (NIHR) Respiratory Biomedical Research Unit (BRU) (UK) - run jointly by:

Funder Name
Royal Brompton & Harefield NHS Foundation Trust (UK)

Funder Name
Imperial College London, National Heart & Lung Institute (NHLI) (UK)

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	13/11/2012		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes