

# Tailored physical activity intervention for the over-fifties

<b>Submission date</b> 28/12/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 28/12/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 06/01/2021	<b>Condition category</b> Other	<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

**Study website**  
<http://www.actief-plus.ou.nl>

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Maartje van Stralen

**Contact details**  
Open University the Netherlands  
P.O. Box 2960  
Heerlen  
Netherlands  
6401 DL  
+31 (0)45 576 2164  
[Maartje.vanStralen@ou.nl](mailto:Maartje.vanStralen@ou.nl)

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**

## Study information

### Scientific Title

Tailored physical activity intervention for the over-50s

### Study objectives

1. In the first intervention group, the percentage of subjects who meet the national physical activity guideline will significantly increase.
2. In the second intervention group the percentage of subjects who meet the national physical activity guideline will significantly increase more than the subjects in the first intervention group.
3. Feasibility and appreciation of the interventions will be evaluated.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Not provided at time of registration

### Study design

Randomised, parallel group, double blinded, controlled trial

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Not specified

### Study type(s)

Quality of life

### Participant information sheet

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

No condition, healthy person

### Interventions

Two tailored physical activity interventions are developed. In the first intervention condition subjects will receive tailored advice three times on their psychosocial and environmental determinant of physical activity. The intervention will tailor on three levels: awareness of physical activity, behavioural change and maintenance of behavioural change.

In the second intervention condition subjects will receive tailored advice three times on their psychosocial determinants of physical activity and in more details on environmental determinants.

Additionally, there will be an extra intervention to stimulate participation in local activities that stimulate physical activity among the over-50s.

The two intervention conditions will receive tailored advice at three times: 2 weeks after baseline assessment, 1 month and 2 months after the first baseline assessment. During the implementation period, evaluation assessments will be taken at three times: at the start (T0: also the data base for the first and second tailored advice), after 1.5 months (T1: also the data base for the third tailored advice), and after 3 months (T2).

### **Intervention Type**

Behavioural

### **Primary outcome measure**

Change in physical activity behaviour (0 months, 6 weeks, 3 months) using a validated questionnaire (Short QUestionnaire to ASsess Health-enhancing physical activity [SQUASH]).

### **Secondary outcome measures**

Changes on awareness and on determinants of changing and maintaining physical activity behaviour (0 months, 6 weeks, 3 months) using validated questionnaires.

### **Overall study start date**

23/11/2005

### **Completion date**

01/03/2006

## **Eligibility**

### **Key inclusion criteria**

Persons will be included if they are aged 50 or older

### **Participant type(s)**

Patient

### **Age group**

Senior

### **Sex**

Not Specified

### **Target number of participants**

50

### **Total final enrolment**

1971

### **Key exclusion criteria**

Persons are excluded if a physician advised against participating in physical activity or exercise

### **Date of first enrolment**

23/11/2005

**Date of final enrolment**

01/03/2006

## **Locations**

**Countries of recruitment**

Netherlands

**Study participating centre**

**Open University the Netherlands**

Heerlen

Netherlands

6401 DL

## **Sponsor information**

**Organisation**

Open University (The Netherlands)

**Sponsor details**

P.O. Box 2960

Heerlen

Netherlands

6401 DL

**Sponsor type**

University/education

**Website**

<http://www.open.ac.uk/netherlands/>

**ROR**

<https://ror.org/018dfmf50>

## **Funder(s)**

**Funder type**

Research organisation

**Funder Name**

Netherlands Organisation for Health Research and Development (ZonMw) (The Netherlands)

**Alternative Name(s)**

Netherlands Organisation for Health Research and Development

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Other non-profit organizations

**Location**

Netherlands

## **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