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# Frailty Interventions Trial in Elderly Subjects

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|---|---|---|
| **Submission date**<br>18/12/2002 | **Recruitment status**<br>No longer recruiting | [_] Prospectively registered<br>[_] Protocol<br>[_] Statistical analysis plan<br>[X] Results<br>[_] Individual participant data |
| **Registration date**<br>18/12/2002 | **Overall study status**<br>Completed | |
| **Last Edited**<br>14/09/2007 | **Condition category**<br>Other | |

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**
N/A

## Study information

## Scientific Title

## Acronym
FITNESS

## Study objectives
Not provided at time of registration

## 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

## Secondary study design
Randomised controlled trial

## Study setting(s)
Other

## Study type(s)
Treatment

## Participant information sheet

## Health condition(s) or problem(s) studied
Older patients with physical disability ('frailty')

## Interventions
Factorial randomised control trial examining:
1. A single high dose of vitamin D (300 000 IU) or placebo
2. Progressive resistance exercise training or attention control (social) visits over 12 weeks

## Intervention Type
Other

## Phase
Not Specified

## Primary outcome measure
Not provided at time of registration

## Secondary outcome measures

Not provided at time of registration

### Overall study start date
01/01/1999

### Completion date
01/01/2003

## Eligibility

### Key inclusion criteria
Older patients (65 years or more) who are recently hospitalised and considered to be in 'frail' physical condition and may benefit from interventions

### Participant type(s)
Patient

### Age group
Not Specified

### Sex
Not Specified

### Target number of participants
Not provided at time of registration

### Key exclusion criteria
Not provided at time of registration

### Date of first enrolment
01/01/1999

### Date of final enrolment
01/01/2003

## Locations

### Countries of recruitment
New Zealand

### Study participating centre
**Clinical Trials Research Unit**
Auckland
New Zealand
-

# Sponsor information

**Organisation**
Auckland UniServices Ltd (New Zealand)

**Sponsor details**
University of Auckland
Private Bag 92019
Auckland
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**Sponsor type**
University/education

**Website**
http://www.uniservices.co.nz/pageloader.aspx?page=52d1d0d0

**ROR**
https://ror.org/02v3fc375

# Funder(s)

**Funder type**
Research council

**Funder Name**
Health Research Council of New Zealand (New Zealand)

**Alternative Name(s)**
HRCNewZealand, HRC New Zealand, HRC

**Funding Body Type**
Government organisation

**Funding Body Subtype**
National government

**Location**
New Zealand

# 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

## Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Results article | Results | 01/03/2003 | | Yes | No |