

Can physical activity enhance emotion, memory, attention and concentration in breast cancer patients receiving chemotherapy?

Submission date 23/10/2012	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 31/10/2012	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 23/04/2019	Condition category Cancer	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

<http://www.cancerresearchuk.org/cancer-help/trials/a-study-looking-at-physical-activity-during-chemotherapy-for-breast-cancer>

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

Protocol serial number

11/EM/0437

Study information

Scientific Title

Physical activity intervention for emotional & cognitive functioning in breast cancer patients receiving chemotherapy

Study objectives

1. Women who complete the physical activity intervention will report higher emotional well-being and show less impairment on memory, attention and concentration tasks in comparison to women in the non-intervention group.
2. Within the intervention group, emotional well-being will mediate between physical activity level and level of impairment in memory, attention and concentration.

Ethics approval required

Old ethics approval format

Ethics approval(s)

NRES committee East Midlands - Northampton, 02/02/2012, ref: 11/EM/0437

Study design

Interventional study

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Breast cancer patients

Interventions

The study will involve 26 breast cancer patients committing to a 12-week home-based, moderate intensity walking intervention. Patients in this group will be provided with guidance, encouragement and motivation to incorporate 30 mins of moderate intensity walking five times a week around their treatment schedules. The control comparison will receive usual care only.

Intervention Type

Behavioural

Primary outcome(s)

Measures of emotional distress and cognitive functioning.

Key secondary outcome(s)

Self-esteem, fatigue, intention to exercise, executive function, memory, attention, visual-spatial skills and motor function.

Completion date

01/10/2013

Eligibility

Key inclusion criteria

1. Age 18-75 female breast cancer patients
2. Those who do not exceed recommended guidelines of 30 mins of moderate intensity exercise five times a week.
3. Those whose breast cancer is a primary diagnosis
4. Those who have no previous history of cancer
5. Those who are able to speak and read standard English

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Upper age limit

75 years

Sex

Female

Total final enrolment

50

Key exclusion criteria

1. Males
2. Those who exceed the recommended guidelines of 30 minutes exercise five times a week
3. Those whose breast cancer is a secondary diagnosis
4. Those who have previous history of cancer
5. Those who cannot speak and read Standard English

Date of first enrolment

01/06/2012

Date of final enrolment

01/10/2013

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre
Loughbrough University
Loughborough
United Kingdom
LE11 3TU

Sponsor information

Organisation
Loughborough University (UK)

ROR
<https://ror.org/04vg4w365>

Funder(s)

Funder type
University/education

Funder Name
School of Sport, Exercise and Health Science at Loughborough University (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	psychosocial wellbeing and physical activity results	01/03/2016		Yes	No
Results article	cognitive decline results	28/11/2018	23/04/2019	Yes	No