

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

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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

## Secondary identifying numbers

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

## Secondary study design

Randomised controlled trial

## Study setting(s)

Home

## Study type(s)

Quality of life

## Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

## 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 measure**

Measures of emotional distress and cognitive functioning.

**Secondary outcome measures**

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

**Overall study start date**

01/06/2012

**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

**Age group**

Adult

**Lower age limit**

18 Years

**Upper age limit**

75 Years

**Sex**

Female

**Target number of participants**

52

**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**

England

United Kingdom

**Study participating centre**

**Loughbrough University**

Loughborough

United Kingdom

LE11 3TU

## **Sponsor information**

**Organisation**

Loughborough University (UK)

**Sponsor details**

c/o Peter Townsend

Research Office

Room 2.01

Rutland Building

Loughborough

England

United Kingdom

LE11 3TU

**Sponsor type**

University/education

**Website**

<http://www.lboro.ac.uk/>

**ROR**

## Funder(s)

### Funder type

University/education

### Funder Name

School of Sport, Exercise and Health Science at Loughborough University (UK)

## 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?
<a href="#">Results article</a>	psychosocial wellbeing and physical activity results	01/03/2016		Yes	No
<a href="#">Results article</a>	cognitive decline results	28/11/2018	23/04/2019	Yes	No