

# EXERT (exercise evaluation randomised trial) - randomised trial comparing leisure centre-based exercise on prescription, home-based walking and usual advice in primary care

<b>Submission date</b> 25/04/2003	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 25/04/2003	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 08/11/2022	<b>Condition category</b> Other	<input type="checkbox"/> 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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

## Secondary identifying numbers

HTA 95/33/01

# Study information

## Scientific Title

EXERT (exercise evaluation randomised trial) - randomised trial comparing leisure centre-based exercise on prescription, home-based walking and usual advice in primary care

## Acronym

EXERT

## Study objectives

To compare:

1. Biological status, cardiovascular risk factors, health outcomes and quality of life before and after 10 weeks exercise programme or alternative and at 6 monthly intervals up to 1 year
2. Continuation of exercise after prescribed programme
3. Economic evaluation of different interventions

Please note that, as of 16 January 2008, the end date of this trial has been updated from 31 March 2001 to 31 October 2002.

## 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)

GP practice

## Study type(s)

Not Specified

## Participant information sheet

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

Not applicable

## Interventions

Random assignment of patients prescribed exercise by GP to one of three arms (500 subjects per arm):

1. Exercise scheme in local leisure centre
2. Home based walking programme
3. Simple advice

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome measure**

1. Biological status, cardiovascular risk factors, health outcomes and quality of life
2. Continuation of exercise after prescribed programme
3. Economic evaluation of different interventions

### **Secondary outcome measures**

Not provided at time of registration

### **Overall study start date**

01/04/1998

### **Completion date**

31/10/2002

## **Eligibility**

### **Key inclusion criteria**

Patients prescribed exercise by GP

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

Patient

### **Age group**

Adult

### **Sex**

Both

### **Target number of participants**

1,500

### **Key exclusion criteria**

Not provided at time of registration

### **Date of first enrolment**

01/04/1998

**Date of final enrolment**

31/10/2002

## **Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Formerly of Middlesex University**

London

United Kingdom

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## **Sponsor information**

**Organisation**

Department of Health (UK)

**Sponsor details**

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**Sponsor type**

Government

**Website**

<http://www.dh.gov.uk/en/index.htm>

**ROR**

<https://ror.org/03sbpja79>

## **Funder(s)**

**Funder type**

Government

**Funder Name**

NIHR Health Technology Assessment Programme - HTA (UK)

## Results and Publications

**Publication and dissemination plan**

Not provided at time of registration

**Intention to publish date****Individual participant data (IPD) sharing plan**

Not provided at time of registration

**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>	HTA monograph	01/03/2007		Yes	No