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

Submission date	Recruitment status No longer recruiting	<ul><li>Prospectively registered</li></ul>		
25/04/2003		☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
25/04/2003	Completed	[X] Results		
<b>Last Edited</b> 08/11/2022	Condition category	[] Individual participant data		

#### Plain English summary of protocol

Not provided at time of registration

#### Contact information

#### Type(s)

Scientific

#### Contact name

Dr Anthony Isaacs

#### Contact details

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#### Additional identifiers

Protocol serial number 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

#### Study type(s)

**Not Specified** 

#### 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(s)

- 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

#### Key secondary outcome(s))

Not provided at time of registration

#### Completion date

31/10/2002

# **Eligibility**

#### Key inclusion criteria

Patients prescribed exercise by GP

#### Participant type(s)

**Patient** 

#### Healthy volunteers allowed

No

#### Age group

Adult

#### Sex

All

#### 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

United Kingdom

England

#### Study participating centre

# Formerly of Middlesex University London

United Kingdom NW11 7NS

# Sponsor information

#### Organisation

Department of Health (UK)

#### ROR

https://ror.org/03sbpja79

# Funder(s)

#### Funder type

Government

#### Funder Name

NIHR Health Technology Assessment Programme - HTA (UK)

### **Results and Publications**

#### 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?
Results article	HTA monograph	01/03/2007		Yes	No