

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

NW11 7NS

Sponsor information

Organisation

Department of Health (UK)

Sponsor details

Quarry House

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Leeds

United Kingdom

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+44 (0)1132 545 843

Sheila.Greener@doh.gsi.gov.uk

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