

# Exercise and health: a proposal to evaluate different models of promoting physical activity in patients registered with an inner city general practice

<b>Submission date</b> 23/01/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 23/01/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 16/01/2014	<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

### Contact name

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### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

HB32

## Study information

Scientific Title

### Study objectives

Physical activity is a protective factor in the origins of heart disease, stroke, obesity, diabetes, and osteoporosis. It may also play a role in the promotion of mental health. Inactivity is a risk factor for coronary heart disease.

The aim of this study was to assess the effectiveness of four methods of increasing the level of physical activity in middle aged people.

### 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

Exercise and health

### Interventions

The five interventions were:

1. Information pack and 5 minute interview (control group)
2. Pack plus one 40 minute motivational interview

3. As group 2 plus 30 vouchers giving free access to local leisure facilities
4. Pack plus six motivational interviews over 12 weeks
5. As group 4 plus vouchers.

At the initial interview information was collected about demography, physical activity score, knowledge about benefits of physical activity and barriers to undertaking it, smoking, alcohol consumption, diet, and general health. Physical assessment included height, weight, waist and hip circumference, blood pressure, and respiratory and cardiovascular function tests.

The 12 weeks questionnaire collected self-reported information, and the 12 month assessment covered the full range of measurements.

The participants received a postal questionnaire after 12 weeks, and were interviewed and re-assessed at 12 months.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome measure**

Not provided at time of registration

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

01/10/1994

**Completion date**

30/07/1997

## Eligibility

**Key inclusion criteria**

1308 patients aged between age 40 and 64 were approached opportunistically when they attended at a health centre in Newcastle upon Tyne. A further 1666 patients of the practice were invited to participate by post.

217 men and 306 women eventually took part. 81% responded to the 12-week postal enquiry, and 84% to the 12-month interview.

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Both

**Target number of participants**

523

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/10/1994

**Date of final enrolment**

30/07/1997

## **Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Primary Care Development Centre**

Newcastle upon Tyne

United Kingdom

NE4 6BE

## **Sponsor information**

**Organisation**

Record Provided by the NHS R&D 'Time-Limited' National Programme Register - Department of Health (UK)

**Sponsor details**

The Department of Health

Richmond House

79 Whitehall

London

United Kingdom

SW1A 2NL

**Sponsor type**

Government

**Website**

## Funder(s)

### Funder type

Government

### Funder Name

NHS Cardiovascular Disease and Stroke National Research and Development Programme (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>	results	25/09/1999		Yes	No