

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

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

Contact name
Prof Christopher Drinkwater

Contact details
Primary Care Development Centre
University of Northumbria at Newcastle
Newcastle General Hospital
Westgate Road
Newcastle upon Tyne
United Kingdom
NE4 6BE
+44 (0)191 256 3838
c.k.drinkwater@pcdc.org.uk

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?
Results article	results	25/09/1999		Yes	No