Activity, Lifestyle And Nutrition and Therapy study

Submission date	Recruitment status No longer recruiting	Prospectively registered		
04/08/2005		☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
04/08/2005	Completed	[X] Results		
Last Edited	Condition category	[] Individual participant data		
04/02/2013	Circulatory System			

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

Protocol serial number NTR42

Study information

Scientific Title

Acronym

ALANT

Study objectives

To evaluate cost-effectiveness of a lifestyle intervention in patients with cardiovascular disease.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval received from the local ethics committee

Study design

Randomised, active controlled, parallel group trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Cardiovascular disease

Interventions

Patients of the VU University Medical Centre will be randomised into two groups. One group will receive a six-month lifestyle intervention which includes a physical activity program and when appropriate smoking cessation and weight loss. The other group will continue to receive usual care.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Cost-effectiveness of a lifestyle intervention in patients with cardiovascular disease

Key secondary outcome(s))

Not provided at time of registration

Completion date

01/03/2008

Eligibility

Key inclusion criteria

- 1. The patient has manifest cardiovascular suffering in combination with at least one lifestyle related risk factor (physical inactivity, smokes, obesity)
- 2. The patient must be able to participate in a training program
- 3. The patients' insurance company will cover the costs of the intervention program

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

- 1. A recent cardiovascular incident (within less than 3 months)
- 2. Unstable (co)-morbidity
- 3. A planned operation or undergoing investigations which can directly lead to an operation
- 4. Younger than 18 years
- 5. The patient has already attended the intervention program
- 6. Insufficient knowledge of the Dutch language

Date of first enrolment

01/04/2005

Date of final enrolment

01/03/2008

Locations

Countries of recruitment

Netherlands

Study participating centre De Boelelaan 1085

Amsterdam Netherlands 1081 HV

Sponsor information

Organisation

Vrije University Medical Centre (VUMC) (The Netherlands)

ROR

https://ror.org/00q6h8f30

Funder(s)

Funder type

Research organisation

Funder Name

The Netherlands Organisation for Health Research and Development (ZonMw) (The Netherlands)

Results and Publications

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	10/09/2012		Yes	No