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Activity, Lifestyle And Nutrition and Therapy study

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

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
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

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Treatment

Participant information sheet

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

Secondary outcome measures
Not provided at time of registration

Overall study start date
01/04/2005

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

Age group
Adult

Sex
Both

Target number of participants
600

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)

Sponsor details
Faculty of Earth and Life Sciences
Institute of Health Sciences
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Sponsor type
University/education

Website
http://www.vumc.nl

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

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	10/09/2012		Yes	No