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West End Walkers 65+: The feasibility of a pedometer-based walking programme in combination with a physical activity consultation in Scottish adults aged 65 years and over in a primary care setting

Submission date 05/10/2009	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol [_] Statistical analysis plan [X] Results [_] Individual participant data
Registration date 30/11/2009	**Overall study status** Completed	
Last Edited 13/05/2013	**Condition category** Other	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
CZH/4/457

Study information

Scientific Title
The feasibility of a pedometer-based walking programme in combination with a physical activity consultation in Scottish adults aged 65 years and over in a primary care setting: a randomised controlled trial

Acronym
WEW 65+

Study objectives
Walking has been identified as an ideal mode of exercise to promote physical activity in the general population as well as among older adults. Large knowledge gaps exist on the optimum methods to promote and sustain walking behaviour in older adults. WEW 65+ will investigate the feasibility of a pedometer-based walking programme in combination with a physical activity consultation delivered in primary care. Its target is to help community dwelling older adults aged over 65 years achieve and sustain the physical activity recommendation of 30 minutes of activity at least 5 days of the week. This study will provide evaluative information on recruitment and retention to the study, the feasibility of the intervention and outcome measures that could be useful in designing a definitive randomised controlled trial.

Hypothesis:
Can a pedometer-based walking programme, in combination with a physical activity consultation delivered in a primary care setting increase and maintain walking behaviour among adults aged over 65 years over a 24 week period?

Ethics approval required
Old ethics approval format

Ethics approval(s)
NHS Greater Glasgow and Clyde Research Ethics Committee, approved on 26/11/2008 (ref: 08 /S0701/121)

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Not Specified

Health condition(s) or problem(s) studied
Physical activity in older adults

Interventions
Participants will be randomised into one of two groups: immediate intervention (Group 1) or waiting list control (Group 2). Participants randomised to Group 1 received a 30 minute physical activity consultation with a practice nurse. The participants are given an individualised 12 week walking programme, a pedometer and a booklet containing health advice, walking information

and the walking programme. Following the 12 week walking programme, the participants will receive a second individual physical activity consultation focusing on relapse prevention. Participants will receive a written physical activity advice leaflet at this point.

Participants randomised to Group 2 were allocated to a 12 week waiting list and will be requested not to amend their current physical activity levels. After 12 weeks Group 2 received an individualised 12 week walking programme identical to Group 1, a pedometer and a physical activity consultation.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Walking behaviour will be assessed using pedometer step counts (NL-1000 pedometer) and accelerometer activity counts (ActivPAL Accelerometer). In the intervention group these measures will be assessed at baseline, 3 months and 6 months. In the waiting list group these measures will be assessed at baseline, 3 months and 6 months.

Key secondary outcome(s))
Psychological, including the changes in:
1. Mood: Positive And Negative Affects Scale (PANAS)
2. Loneliness: University of California, Los Angeles (UCLA) loneliness scale
3. Motor efficacy: perceived motor efficacy scale
4. Quality of life: SF-36v2™ Health Survey (SF-36v2™)

In the intervention group these questionnaires were completed at baseline and 12 weeks. In the waiting list group the questionnaires were completed at baseline, 12 weeks, 24 weeks and 36 weeks.

Qualitative:
Two focus groups will be completed with Group 1 at 12 weeks and 24 weeks (post intervention), one involving high adherers, the other of low adherers. A further two focus groups will be conducted with Group 2 at 24 weeks (post intervention), again one consisting of high adherers, the other of low adherers.

Completion date
30/09/2010

Eligibility

Key inclusion criteria
Independently living men and women aged over 65 years are eligible to enter the trial should they not currently meet the amount of physical activity currently recommended for health benefit.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Senior

Sex
All

Key exclusion criteria
1. Refusal to take part
2. Already achieved the physical activity recommendations for this group
3. Unable to walk outside independently
4. Unable to understand the rationale behind the trial

Date of first enrolment
30/11/2008

Date of final enrolment
30/09/2010

Locations

Countries of recruitment
United Kingdom

Scotland

Study participating centre
Department of Sport, Culture and the Arts
Glasgow
United Kingdom
G13 1PP

Sponsor information

Organisation
Chief Scientist Office (UK)

ROR
https://ror.org/01bw7zm61

Funder(s)

Funder type
Government

Funder Name
Chief Scientist Office (UK) (grant no: CZH/4/457)

Alternative Name(s)
CSO

Funding Body Type
Government organisation

Funding Body Subtype
Local government

Location
United Kingdom

Funder Name
NHS Greater Glasgow and Clyde Research and Development Office (UK) (project ref: WN08CH356)

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	01/12/2012		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes