

Nutrition and physical activity trial in prostate cancer patients

Submission date 09/09/2009	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 08/10/2009	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 26/10/2022	Condition category Cancer	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

<https://www.cancerresearchuk.org/about-cancer/find-a-clinical-trial/a-study-looking-at-diet-exercise-hormone-therapy-prostate-cancer>

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

N/A

Study information

Scientific Title

A randomised controlled trial to evaluate the efficacy of a 6 month dietary and physical activity intervention for prostate cancer patients receiving androgen deprivation therapy

Acronym

Prostate Nutrition Study

Study objectives

Hypothesis is that the diet and physical activity intervention will;

1. Prevent or reduce weight gain, and prevent or reduce the increase in body fat mass typically found in patients treated with androgen deprivation therapy compared to the controls
2. Improve fatigue scores for those in the intervention group compared to those in the control group
3. Improve quality of life scores for those in the intervention group compared to those in the control group

As of 01/03/2011 the anticipated end date for this trial has been updated from 30/09/2010 to 01/07/2011

Ethics approval required

Old ethics approval format

Ethics approval(s)

Office for Research Ethics Committees Northern Ireland, approved on 21/05/2009 (ref: 09/NIR03/41)

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Prostate cancer patients receiving androgen deprivation therapy

Interventions

The intervention will consist of two components, a dietary intervention and a moderate physical activity intervention.

Dietary modification: The intervention group will meet individually with a nutritionist to receive dietary advice based on their usual diet measured at baseline in order to encourage them to adopt a diet to meet current dietary guidelines listed below:

- a. Eat 5 or more servings of vegetables and fruits per day
- b. Reduce total fat intake 30%-35% of total energy, with <10% saturated fat intake
- c. Limit polyunsaturated fat intake to 10% of daily total energy intake
- d. Limit consumption of processed meats

- e. Eat fibre-rich foods. Aim to consume 25 to 35g of fibre daily.
- f. Limit alcohol intake 28 units/ week
- g. Limit intake of foods high in salt and/or sugar

Moderate physical activity: Brisk walking at least 30 min per day, in addition to usual activities on 5 or more days of the week.

The control group will receive usual care only.

Details of Joint Sponsor:
Queens University Belfast
Research and Regional Services
Room 103, Lanyon North
Belfast, BT7 1NN
United Kingdom

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Body Composition: Anthropometric measurement at baseline, mid-time (3 months) and end (6 months)
2. Fatigue: Self administrated Fatigue Severity Scale (FSS) questionnaire at baseline, mid-time (3 months) and end (6 months)
3. Quality of life: Self administrated Functional Assessment of Cancer Therapy-General (FACT-G) and Functional Assessment of Cancer Therapy-Prostate (FACT-P) questionnaire at baseline, mid-time (3 months) and end (6 months)

Key secondary outcome(s))

The feasibility of dietary and physical activity intervention will be assessed by drop-out and effectiveness of intervention at the end of intervention.

Completion date

01/07/2011

Eligibility

Key inclusion criteria

1. Histologically proven adenocarcinoma of prostate
2. Commencing Lutenising Hormone Releasing Hormone Agonist (LHRHa) therapy for at least 6 months OR already being treated with LHRHa and planned to continue for at least a further 6 months
3. No age limit

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Other

Sex

Male

Total final enrolment

94

Key exclusion criteria

1. Co-morbid condition that limits physical activity such as severe cardiac disease, recent myocardial infarction, severe asthma or breathlessness, uncontrolled hypertension (blood pressure >160/95 mm/Hg) or severe pain
2. Medical conditions that requires a reduced fruit and vegetable diet (e.g. kidney failure)
3. Life expectancy of less than 2 years

Date of first enrolment

06/08/2009

Date of final enrolment

01/07/2011

Locations**Countries of recruitment**

United Kingdom

Northern Ireland

Study participating centre

Centre for Public Health

Belfast

United Kingdom

BT12 6BJ

Sponsor information**Organisation**

Belfast Health and Social Care Trust (UK)

ROR

<https://ror.org/02tdmfk69>

Funder(s)

Funder type

University/education

Funder Name

Queen's University Belfast (UK)

Alternative Name(s)

QUB

Funding Body Type

Private sector organisation

Funding Body Subtype

Universities (academic only)

Location

United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

Not provided at time of registration

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	01/09/2015		Yes	No
Protocol article	protocol	12/08/2010		Yes	No
HRA research summary			28/06/2023	No	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Plain English results			26/10/2022	No	Yes