

The feasibility of an exercise intervention in depressed postpartum women: a pilot randomised controlled trial

Submission date 29/09/2006	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 29/09/2006	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 16/07/2008	Condition category Pregnancy and Childbirth	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N0138161713

Study information

Scientific Title

Study objectives

The study aims to evaluate the feasibility and acceptability of a pram pushing exercise intervention in postpartum women reporting depressive symptomatology.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled pilot study

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

Pregnancy and Childbirth

Interventions

Pram pushing exercise intervention vs no intervention

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Physical activity and postnatal depression.

Secondary outcome measures

Not provided at time of registration

Overall study start date

01/07/2005

Completion date

30/06/2006

Eligibility

Key inclusion criteria

44 postpartum women.

Participant type(s)

Patient

Age group

Adult

Sex

Female

Target number of participants

44

Key exclusion criteria

1. Inactive
2. Not currently pregnant
3. Baby less than 12 months old
4. No contraindication to exercise
5. No severe psychiatric health concerns

Date of first enrolment

01/07/2005

Date of final enrolment

30/06/2006

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

The Dept of Primary Care and General Practice
Birmingham
United Kingdom
B15 2TT

Sponsor information

Organisation

Record Provided by the NHSTCT Register - 2006 Update - Department of Health

Sponsor details

The Department of Health, Richmond House, 79 Whitehall
London
United Kingdom
SW1A 2NL
+44 (0)20 7307 2622
dhmail@doh.gsi.org.uk

Sponsor type

Government

Website

<http://www.dh.gov.uk/Home/fs/en>

Funder(s)

Funder type

Government

Funder Name

(MidReC) Midland Research Practices Consortium (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	01/03/2008		Yes	No