

Group exercise therapy for mobility and balance in people with multiple sclerosis

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
27/03/2008	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
17/10/2008	Completed	<input checked="" type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
21/10/2010	Nervous System Diseases	

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

N/A

Study information

Scientific Title

Group exercise therapy for mobility and balance in people with multiple sclerosis: a randomised controlled trial

Study objectives

To determine whether group exercise therapy can improve mobility, balance, self-efficacy and quality of life in people with multiple sclerosis (MS).

Ethics approval required

Old ethics approval format

Ethics approval(s)

NHS Office for Research Ethics Committees Northern Ireland (ORECNI), approved in 2007 (ref: 07/N1R01/5)

Study design

Single-blind, randomised, single-centre trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Multiple sclerosis with balance and mobility problems

Interventions

The exercise group will attend an exercise class twice per week for 6 weeks. The exercises will consist of 8 different stations and will be staged according to ability. Each class will last approximately 90 minutes with 10 minutes warm up, 3 minutes per exercise, 3 minutes rest in between and a cool down period/discussion time at the end.

There is no intervention for the control group. At the end of the study period they will be offered 1-2 workshops (as necessary) at the end of the trial to teach them the exercises that were offered to the experimental group.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Rivermead Mobility Index, assessed at baseline, immediately after the 6 weeks of intervention, and 3 and 6 months following discharge from the intervention. Analysis will be conducted on an intention to treat basis.

Key secondary outcome(s)

The following will be assessed at baseline, immediately after the 6 weeks of intervention, and 3 and 6 months following discharge from the intervention:

1. Berg Balance Scale

2. The Multiple Sclerosis Impact Scale (MSIS-29)
3. Multiple Sclerosis Walking Scale-12
4. Barthel Index
5. MS Self-efficacy Scale

Analysis will be conducted on an intention to treat basis.

Completion date

01/06/2011

Eligibility

Key inclusion criteria

1. Confirmed diagnosis of MS
2. Male or female, over 18 years of age
3. In a stable phase of their MS
4. Cognitively they must have a Score of 6 or more in the 10-point mini mental score (Hodkinson, 1972)
5. A minimum score of 14 on the Rivermead Mobility Index

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. The Expanded Disability Status Scale (EDSS) >7.00
2. Serious other medical or surgical condition

Date of first enrolment

01/03/2008

Date of final enrolment

01/06/2011

Locations

Countries of recruitment

United Kingdom

Northern Ireland

Study participating centre

Senior Lecturer

Northern Ireland

United Kingdom

BT37 0QB

Sponsor information

Organisation

University of Ulster (UK)

ROR

<https://ror.org/01yp9g959>

Funder(s)

Funder type

Government

Funder Name

The Research and Development Office, Northern Ireland Health and Social Services Central Services Agency (United Kingdom) (grant ref: RRG 8.5-RRG/3277/05)

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?
Abstract results	Pilot study presented at 'World Physical Therapy' Abstract can be found on page 325	02/06/2007		No	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes