ISRCTN79011784 https://doi.org/10.1186/ISRCTN79011784

The More Active MuMs in Stirling Study

Submission date 05/01/2011	**Recruitment status** No longer recruiting	[_] Prospectively registered [X] Protocol [_] Statistical analysis plan [X] Results [_] Individual participant data
Registration date 18/02/2011	**Overall study status** Completed	
Last Edited 26/09/2018	**Condition category** Other	

Plain English summary of protocol
Not provided at time of registration

Study website
http://www.mammis.weebly.com

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
10/S0501/59

Study information

Scientific Title
Physical activity intervention for postnatal women: a randomised controlled trial

Acronym
MAMMiS

Study objectives
The intervention group will show increased participation in moderate-vigorous physical activity relative to the control group at three and six months follow-up.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Fife and Forth Valley Research Ethics Committee approved on the 16th December 2010

Study design
Randomised controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Treatment

Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied
Public health

Interventions
A motivational and behavioural management intervention consisting of two face-to-face physical activity (PA) consultations delivered at the start and end of a 10-week group pram-walking programme.

The intervention group will receive a motivational and behavioural management intervention consisting of two individual face-to-face physical activity consultations of 30-40 minutes in duration, a 10-week group pram-walking programme and a leaflet describing the benefits of physical activity. Physical activity consultations will be delivered by the Chief Investigator who is a Health Psychologist and trained physical activity counsellor. Consultations will be structured

sessions using evidence-based behaviour change techniques to encourage physical activity participation amongst participants. This will include providing participants with feedback on physical activity levels, raising awareness of the benefits of physical activity, goal setting, weekly action planning and self-monitoring of physical activity, prompting environmental change, social support seeking, planning how to overcome barriers to physical activity and relapse prevention. The pram-walking programme will provide one session per week of up to 50 minutes of moderate physical activity in the local community and will be lead by the Chief Investigator who is a trained walk leader.

The control group will receive a leaflet describing the benefits of physical activity.

Intervention Type
Other

Phase
Not Applicable

Primary outcome measure
Physical activity behaviour change measured using accelerometers (Actigraph GT3X), pedometers (Omron Healthcare UK Ltd) and the 7-Day Physical Activity Recall (PAR) interview.

All primary and secondary outcome measures will be taken at baseline, 3 and 6 months from baseline.

Secondary outcome measures
1. Psychological well-being
2. Fatigue
3. Cardiovascular fitness
4. Weight
5. Body mass index (BMI)
6. Body composition (e.g. percentage body fat, fat mass and fat-free mass)
7. Theoretical mediators of physical activity behaviour change

Added 24/02/2011: All primary and secondary outcome measures will be taken at baseline, 3 and 6 months from baseline.

Previous measures: All primary and secondary outcome measures will be taken at baseline, 3 and 6 months from baseline with the exception of a self-report questionnaire measuring theoretical mediators of physical activity behaviour change (baseline and 3 months only).

Overall study start date
01/02/2011

Completion date
30/06/2012

Eligibility

Key inclusion criteria
1.18 years of age or older
2. Have given birth in the last year

3. Has received 6 - 8 week postnatal check-up with a suitable health professional
4. Insufficiently active (e.g. participates in less than the recommended 30 minutes of moderate intensity physical activity on five days of the week)
5. Able to communicate verbally, and in written format, in English

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Sex
Female

Target number of participants
76

Key exclusion criteria
1. Medical contraindications to physical activity
2. Pregnant or planning to become pregnant in the next 6 months

Date of first enrolment
01/02/2011

Date of final enrolment
30/06/2012

Locations

Countries of recruitment
Scotland

United Kingdom

Study participating centre
University of Stirling
Stirling
United Kingdom
FK9 4LA

Sponsor information

Organisation
University of Stirling (UK)

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Sponsor type
University/education

Website
http://www.stir.ac.uk/

ROR
https://ror.org/045wgfr59

Funder(s)

Funder type
University/education

Funder Name
University of Stirling (UK) - Department of Nursing and Midwifery and Department of Sports Studies

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?

Protocol article	protocol	20/07/2012	Yes	No
Results article	results	01/07/2016	Yes	No