# The effectiveness of exercise as a treatment for post-natal depression

Submission date Recruitment status [X] Prospectively registered 04/06/2009 No longer recruiting [X] Protocol [ ] Statistical analysis plan Registration date Overall study status 27/07/2009 Completed [X] Results [ ] Individual participant data **Last Edited** Condition category 31/08/2018 Mental and Behavioural Disorders

### 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

3

# Study information

### Scientific Title

The effectiveness of exercise as a treatment for post-natal depression: a randomised controlled trial with a nested qualitative study

### **Acronym**

**PAM-PeRS** 

### **Study objectives**

Participants randomised to the exercise plus usual care group will report lower post-natal depression scores than the usual care only group

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Not provided at time of registration

### Study design

Randomised controlled trial with a nested qualitative study

### Primary study design

Interventional

### Study type(s)

Treatment

### Health condition(s) or problem(s) studied

Post-natal depression

#### **Interventions**

The intervention will last 6 months. Women randomised to the exercise intervention will be offered two (40 - 60 minutes) personal home-based exercise consultations in the first two months and two further supportive phone calls that promote exercise in the following two months. Participants will also be mailed information on local opportunities to exercise with updates sent on three occasions during the six-month intervention.

### Intervention Type

Other

### **Phase**

Not Applicable

### Primary outcome(s)

Post-natal depression. Measured at baseline, 6 months and 12 months.

### Key secondary outcome(s))

- 1. Physical activity
- 2. Body weight
- 3. Vitality
- 4. Quality of life
- 5. Body image
- 6. Self-efficacy for exercise

Measured at baseline, 6 months and 12 months.

### Completion date

11/11/2012

# **Eligibility**

### Key inclusion criteria

- 1. An International Classification of Diseases, 10th Edition (ICD-10) diagnosis of depression, following screening using the Edinburgh Postnatal Depression Scale (EPDS) at 6 and 8 10 weeks and the Clinical Interview Schedule Revised (CIS-R) at 8 10 weeks after giving birth
- 2. Non-pregnant at baseline
- 3. Not experiencing psychotic symptoms
- 4. Not dependent on illicit drugs or alcohol
- 5. Aged greater than or equal to 18 years
- 6. Currently inactive (defined as not meeting the current public health guidelines for physical activity, i.e. less than 150 minutes of moderate intensity physical activity per week in previous six weeks)

### Participant type(s)

Patient

### Healthy volunteers allowed

No

### Age group

Adult

### Lower age limit

18 years

#### Sex

Female

### Key exclusion criteria

- 1. Not proficient in English at a level to complete research assessments
- 2. General Practitioner (GP) considers patient unsuitable for the trial
- 3. Women whose babies have died

### Date of first enrolment

12/11/2009

### Date of final enrolment

11/11/2012

### Locations

### Countries of recruitment

United Kingdom

England

Study participating centre
Primary Care Clinical Sciences
Birmingham
United Kingdom
B15 2TT

# Sponsor information

### Organisation

University of Birmingham (UK)

### **ROR**

https://ror.org/03angcq70

# Funder(s)

### Funder type

Government

### **Funder Name**

National Institute for Health Research (NIHR) (UK) - National School of Primary Care Research

## **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	01/04/2020	Yes	No
Protocol article	protocol	09/06/2012	Yes	No
Participant information sheet	Participant information sheet	11/11/2025 11/11/2025	No	Yes