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Circuit Weight Training to lower Blood Pressure in Obese individuals with Resistant Hypertension

Submission date 20/05/2006	**Recruitment status** Stopped
Registration date 16/10/2006	**Overall study status** Stopped
Last Edited 13/12/2007	**Condition category** Nutritional, Metabolic, Endocrine

- [ ] Prospectively registered
- [ ] Protocol
- [ ] Statistical analysis plan
- [ ] Results
- [ ] Individual participant data
- [ ] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
RF-06-0419

Study information

Scientific Title

Acronym
CT, ORH & BP

Study objectives
In comparison with the Usual Care group (UC), obese hypertensive individuals undergoing 12 weeks of Circuit Weight Training (CWT), will exhibit greater reductions in blood pressure.

Ethics approval required
Old ethics approval format

Ethics approval(s)
University of Alberta Health Research Ethics Board (HREB) (ref no: 6276).

Study design
Randomised controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Treatment

Participant information sheet

Health condition(s) or problem(s) studied
Obesity and /or resistant hypertension

Interventions
Circuit Weight Training (CWT) group: Individuals will be prescribed an exercise regimen based on baseline fitness and strength assessments and their exercise blood pressure response. Loads prescribed will be low resistance but high volume (two to three sets of 15 repetitions). Subjects will be asked to train on at least three non-consecutive days of the week and given free membership to local health club facilities for the duration of the intervention (12 weeks). Adherence to CWT intervention will be monitored via electronic attendance records at the health club facilities

Usual Care (UC) Group: Individuals randomly assigned to the usual care group will be asked to continue their current level of activity for the duration of the intervention (12 weeks).

Both groups will recieve the same nutritional counselling at the start of the intervention.

Intervention Type
Other

Phase
Not Specified

Primary outcome measure
Efficacy of prescribing circuit weight training in reducing blood pressure of obese resistant hypertensives

Secondary outcome measures
1. Effiacy of circuit weight training in reducing weight
2. Increasing cardio-respiratory endurance
3. Improving glycemic control and lipid profiles
4. Enhancing Health Related Quality of Life (HRQL)

Overall study start date
01/06/2006

Completion date
01/02/2007

Reason abandoned (if study stopped)
This study has been cancelled due to the private fitness centre pulling out of the trial.

Eligibility

Key inclusion criteria
1. Aged 25 to 70 years
2. Obese (Body Mass Index [BMI] more than 30 kg/m^2)
3. Mean 24 hour ambulatory blood pressure of 150/99 mmHg or less (on drug therapy)

Participant type(s)
Patient

Age group
Adult

Sex
Not Specified

Target number of participants
40 (20 randomised into either group)

Key exclusion criteria

1. White-coat hypertension
2. Secondary hypertension
3. Unstable cardiovascular disease
4. Not residing in Edmonton or the surrounding area

Date of first enrolment
01/06/2006

Date of final enrolment
01/02/2007

Locations

Countries of recruitment
Canada

Study participating centre
Clinical Pharmacology and Internal Medicine
Alberta
Canada
T6G 2B7

Sponsor information

Organisation
University of Alberta (Canada)

Sponsor details
114 St - 89 Avenue
Edmonton
Alberta
Canada
T6G 2E1

Sponsor type
University/education

Website
http://www.ualberta.ca

ROR
https://ror.org/0160cpw27

Funder(s)

Funder type
Hospital/treatment centre

Funder Name
University of Alberta Hospital Foundation (Canada) (ref: RF-06-0419)

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