

Promotion of a physically active lifestyle among inactive adolescents and young adults by means of an activity monitor and individually tailored advice using internet technology

Submission date 25/05/2005	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 04/07/2005	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 12/04/2012	Condition category Other	<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Marijke Jeanette Maily Chin A Paw

Contact details
van der Boechorststraat 7
Amsterdam
Netherlands
1081 BT
+31 (0)20 4448203
m.chinapaw@vumc.nl

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

Study information

Scientific Title

Acronym

The PAM study

Study objectives

It is hypothesised that the intervention will result in a difference between the intervention and the control group of 20% in the proportion of subjects that are defined as physically active.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

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

Health condition(s) or problem(s) studied

Physical inactivity

Interventions

Participants in the intervention group receive an activity monitor (PAM) and access to the personal COACH website on the Internet for three months. The PAM is an accelerometer worn on the waist continuously displaying the amount of physical activity accumulated per day and per week. Its memory can be downloaded to an expert system on the Internet 'the personal COACH'. The COACH shows the accumulated activity data and interactively formulates activity goals and advice based on the actual activity level and personal characteristics and preferences.

Control intervention: General written physical activity advice.

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

All physical activity at work, school, during leisure, sports, and active transportation as assessed by a questionnaire.

Secondary outcome measures

Body weight and height, waist, and hip circumference, four skinfolds, aerobic fitness, measured by the 20 m shuttle-run test (adolescents); and the Chester step-test (adults); determinants of physical activity, ie attitude, social influences and self efficacy and barriers according to the ASE-model; Empowerment; Quality of life.

Overall study start date

01/01/2003

Completion date

30/06/2006

Eligibility**Key inclusion criteria**

Inactive adolescent boys and girls aged 12-18 years recruited through high schools and inactive young adults aged 25-35 years recruited through companies.

Participant type(s)

Patient

Age group

Other

Sex

Both

Target number of participants

85 adolescents and 101 young adults

Key exclusion criteria

Does not match inclusion criteria

Date of first enrolment

01/01/2003

Date of final enrolment

30/06/2006

Locations

Countries of recruitment

Netherlands

Study participating centre

van der Boechorststraat 7

Amsterdam

Netherlands

1081 BT

Sponsor information

Organisation

Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)

Sponsor details

Laan van Nieuw Oost Indie 334

PO Box 93245

The Hague

Netherlands

2509 AE

+31 (0)70 3495111

info@zonmw.nl

Sponsor type

Research organisation

ROR

<https://ror.org/01yaj9a77>

Funder(s)

Funder type

Research organisation

Funder Name

Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands),
2100.0093

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	15/12/2005		Yes	No
Results article	results	29/07/2009		Yes	No
Results article	results	01/07/2010		Yes	No