

Cost-effectiveness of an intervention to promote physical activity in old people in primary care

Submission date
04/03/2006

Recruitment status
No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date
20/04/2006

Overall study status
Completed

☐ Statistical analysis plan

☒ Results

Last Edited
25/09/2009

Condition category
Injury, Occupational Diseases, Poisoning

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Prof Narcis Gusi

Contact details

Faculty of Sports Sciences

Caceres

Spain

10071

+34 (0)92 725 74 60

ngusi@unex.es

Additional identifiers

Protocol serial number

2PR02B017

Study information

Scientific Title

Study objectives

A walk-based exercise programme is cost-effective in a primary care setting

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved by the Bioethical Committee of the University of Extremadura on 07/05/2002, reference number: 12/02

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Overweight or moderately depressed older women

Interventions

Three sessions per week of a walk-based exercise programme and recruitment from medical advise in primary care setting. The control group continued to receive usual care (including simple medical exercise advice equal to that of the intervention).

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Health related quality of life (costs and utilities)
2. Fitness
3. Anxiety or depression

Key secondary outcome(s))

1. Medication
2. Lifestyle

Completion date

01/10/2004

Eligibility**Key inclusion criteria**

Women older than 60 years old who are overweight or moderately depressed

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Senior

Sex

Female

Key exclusion criteria

1. Contraindications to walk-based exercise
2. Cognitive disease
3. Morbid obesity

Date of first enrolment

01/10/2003

Date of final enrolment

01/10/2004

Locations**Countries of recruitment**

Spain

Study participating centre

Faculty of Sports Sciences

Caceres

Spain

10071

Sponsor information**Organisation**

University of Extremadura (Spain)

ROR

<https://ror.org/0174shg90>

Funder(s)

Funder type
Government

Funder Name
Research Plan of the Government of Extremadura (Spain)

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	08/07/2008		Yes	No