

# 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

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

## Secondary study design

Randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Quality of life

## Participant information sheet

## 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 advice 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 measure

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

## **Secondary outcome measures**

1. Medication
2. Lifestyle

## **Overall study start date**

01/10/2003

## **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

## **Age group**

Senior

## **Sex**

Female

## **Target number of participants**

112

## **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

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## **Sponsor information**

### **Organisation**

University of Extremadura (Spain)

### **Sponsor details**

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### **Sponsor type**

University/education

### **Website**

<http://www.unex.es>

### **ROR**

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

## **Funder(s)**

### **Funder type**

Government

### **Funder Name**

Research Plan of the Government of Extremadura (Spain)

## **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?
<a href="#">Results article</a>	results	08/07/2008		Yes	No