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FITstrong: The feasibility of an exercise program for children who survived cancer

Submission date	Recruitment status	[_] Prospectively registered
05/09/2007	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
05/09/2007	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
10/06/2021	Cancer	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Study information

Scientific Title
The feasibility of an exercise program for children who survived cancer: the FITStrong study

Acronym
FITstrong

Study objectives
Exercise training is a feasible method to improve fitness (peak oxygen uptake), muscle strength and fatigue in children who survived cancer.

Feasibility will be studied according to the number of performed training sessions and a structured interview with patients and training about their opinion on the training program.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from University Medical Center Utrecht (The Netherlands) on the 2nd April 2007 (ref: 06/303).

Primary study design
Interventional

Study design
A 12 week aerobic and muscle strength training program (twice a week) compared with baseline training level

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Exercise in children who survived cancer

Interventions
Two times a week exercise training (45 minutes) starting with warm up, followed by muscle strength components and aerobic components and ended with a cool down. The participants have to perform home exercise two times per week, and at increasing muscle strength /endurance.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Feasibility of the program.

Timepoints:
t=0: baseline
t=1: after 12 weeks of training
t=2: 12 weeks follow-up

Key secondary outcome(s)
1. Peak oxygen uptake (VO2peak)
2. Muscle strength

Timepoints:
t=0: baseline
t=1: after 12 weeks of training
t=2: 12 weeks follow-up

Completion date
01/01/2008

Eligibility

Key inclusion criteria
1. 6 - 18 years of age
2. Between 0.5 and 1.5 years since final chemotherapy

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Lower age limit
6 Years

Upper age limit
18 Years

Sex
All

Total final enrolment
16

Key exclusion criteria
Severe cardiomyopathy.

Date of first enrolment
01/05/2007

Date of final enrolment
01/01/2008

Locations

Countries of recruitment
Netherlands

Study participating centre
University Medical Centre Utrecht (UMCU)/WKZ
Utrecht
Netherlands
3584EA

Sponsor information

Organisation
University Medical Centre Utrecht (UMCU) (The Netherlands)

ROR
https://ror.org/04pp8hn57

Funder(s)

Funder type
University/education

Funder Name
Scientific College of Physiotherapy (Wetenschappelijk College Fysiotherapie [WCF]) (The Netherlands)

Funder Name
RoPaRun Foundation (Stichting RoPaRun) (The Netherlands)

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		01/04/2009	10/06/2021	Yes	No