

Evaluating the feasibility of a samba percussion intervention for people with Parkinson's disease

Submission date 22/04/2025	Recruitment status Recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 20/06/2025	Overall study status Ongoing	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 13/03/2026	Condition category Nervous System Diseases	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

Parkinson's disease (PD) affects parts of the brain that control movement, thinking, mood, and sleep. Over time, symptoms can get worse and affect a person's independence and quality of life. While treatments can help manage symptoms, there is currently no cure or proven way to slow the disease down. People with PD have said they want more support for movement and other symptoms. Research shows that physical activity and music with a steady beat can help. SParky Samba is a fun, community-based samba drumming activity created by and for people with PD. Early feedback suggests it may help with movement, health, and wellbeing. This study will test whether it's possible to run a larger trial in the future by first checking how well this smaller trial works.

Who can participate?

Anyone with a diagnosis of Parkinson's disease who has never taken part in a SParky Samba group before.

What does the study involve?

If you take part, you'll be randomly placed into one of two groups:

One group will join a local SParky Samba session once a week for 12 weeks.

The other group will continue with their usual activities for 12 weeks.

Before and after the 12 weeks, all participants will complete tests to measure movement, thinking, and wellbeing. These include both in-person assessments and questionnaires that can be done at home.

What are the possible benefits and risks of participating?

Taking part may help improve movement, mood, and overall wellbeing. It's also a chance to try a new, enjoyable group activity. There are no major risks, but as with any physical activity, there may be mild tiredness or discomfort. You'll be supported throughout the study.

Where is the study run from?

Cardiff University (UK)

When is the study starting and how long is it expected to run for?
June 2024 to October 2026

Who is funding the study?
Jacques and Gloria Gossweiler Foundation (Switzerland)

Who is the main contact?
SparkySamba@cardiff.ac.uk

Contact information

Type(s)
Public, Scientific, Principal investigator

Contact name
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Additional identifiers

Clinical Trials Information System (CTIS)
Nil known

Integrated Research Application System (IRAS)
349733

Protocol serial number
CPMS 67853

Study information

Scientific Title
Evaluating the feasibility of a samba percussion intervention for people with Parkinson's disease

Acronym
SParky Samba

Study objectives
It is possible to conduct an RCT of the SParky Samba intervention.

Ethics approval required
Ethics approval required

Ethics approval(s)

approved 15/04/2025, North of Scotland Research Ethics Committee (Summerfield House, 2 Eday Road, Aberdeen, AB15 6RE, United Kingdom; +44 1224558458; gram.nosres@nhs.scot), ref: 25/NS/0037

Study design

Randomized; Interventional; Design type: Treatment, Complex Intervention

Primary study design

Intentional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Parkinson's disease

Interventions

This will be a parallel-group feasibility RCT of the SParky Samba intervention compared to an activity-as-usual control group. A recruitment target of 60 people with Parkinson's disease (PD) will be randomised 1:1 to either the intervention or control group.

Participants will be recruited from a combination of specialist movement disorder clinics, the PD specialist nurse network, social media advertising, and local PD-focused organisations such as Parkinson's UK Cymru.

Interested participants will be provided with the Participant Information Sheet and consent materials, which they can complete online at home or during their initial study visit.

Participants will be asked to attend their local hospital for a baseline assessment lasting approximately one hour. This will include:

A videoed motor assessment for evaluating the Unified Parkinson's Disease Rating Scale (UPDRS) Part III

The miniBEST test

The truncated online version of the Montreal Cognitive Assessment, known as Espresso

Participants will also complete several patient-reported outcome measures at baseline, including:

Freezing of Gait Questionnaire

Dresden Falls Questionnaire

Parkinson's Disease Quality of Life Questionnaire (PDQ-8)

Lorig Self-Efficacy Scale

Oxford Participation and Activities Questionnaire

Physical Activity Scale for the Elderly

These questionnaires can be completed online at home or during the baseline hospital visit and are expected to take no more than 45 minutes. Participants may receive support from a researcher either in person or via telephone.

Following completion of baseline measures, participants will be randomised to either the SParky Samba intervention or the activity-as-usual control group.

Participants in the SParky Samba group will attend weekly sessions (approximately one hour each) for 12 weeks. The intervention will be delivered at three community sites in Wales: Cardiff, Llandudno, and Fishguard.

Participants in the activity-as-usual group will continue their usual activities for the same 12-week period.

After the 12-week intervention period, all participants will complete follow-up assessments, which will mirror the baseline assessments. These will include both in-person assessments and patient-reported outcomes, which can be completed at home.

Following the completion of follow-up assessments, participants in the activity-as-usual group will be supported to attend their local SParky Samba group.

Finally, arrangements will be made for the process evaluation phase of the study. This will consist of brief semi-structured interviews and a short questionnaire focusing on participants' views of the trial and their experiences with the intervention or usual activities.

Intervention Type

Behavioural

Primary outcome(s)

Primary feasibility outcomes:

1. Recruitment (measured by total no. participants recruited and No. approached willing to participate [number consented/ number approached])
2. Retention (No of participants completing primary end point)
3. Intervention adherence (% Participants adherent to the intervention)
4. Data completeness (% Participants completing at least 90% of available baseline measures and % Participants completing at least 90% of follow up measures)

Key secondary outcome(s)

Assessed at baseline and 12 week follow up:

1. Unified Parkinson's Disease Rating Scale (UPDRS)
2. Freezing of Gait (FOG) Questionnaire
3. Dresden Fall Questionnaire (DREFAQ)
4. MiniBEST Test
5. Montreal Cognitive Assessment (MoCA) – short form [Espresso]
6. Parkinson's Disease Questionnaire-8 (PDQ-8)
7. Oxford Participation and Activities Questionnaire (OxPAQ)
8. Lorig Self-Efficacy Scale
9. Physical Activity Scale for the Elderly (PASE)

Completion date

31/10/2026

Eligibility

Key inclusion criteria

Inclusion criteria have been made deliberately broad to make the trial as inclusive as possible. These are:

1. People diagnosed with Parkinson's disease
2. Aged 18 years or older
3. Able to provide consent to take part

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Mixed

Lower age limit

18 years

Upper age limit

100 years

Sex

All

Total final enrolment

0

Key exclusion criteria

Exclusion criteria have also been limited so as not to exclude people who may want to take part from doing so. The only exclusion criterion the researchers stipulate is:

1. Has already taken part in a SParky Samba group

Date of first enrolment

01/05/2025

Date of final enrolment

31/05/2026

Locations**Countries of recruitment**

United Kingdom

Wales

Study participating centre

Centre for Trials Research - Cardiff University

7th Floor Neuadd Meirionnydd

Cardiff

Wales

CF14 4YS

Study participating centre
Hywel Dda University Lhb
Corporate Offices, Ystwyth Building
Hafan Derwen
St Davids Park, Jobswell Road
Carmarthen
Wales
SA31 3BB

Study participating centre
Cardiff & Vale University Lhb
Woodland House
Maes-y-coed Road
Cardiff
Wales
CF14 4HH

Study participating centre
Betsi Cadwaladr University Lhb
Executive Offices, Ysbyty Gwynedd
Penrhosgarnedd
Bangor
Wales
LL57 2PW

Sponsor information

Organisation
Cardiff University

ROR
<https://ror.org/03kk7td41>

Funder(s)

Funder type
Charity

Funder Name

Jacques und Gloria Gossweiler-Stiftung

Alternative Name(s)

Jacques and Gloria Gossweiler Foundation, Gossweiler Foundation, Jacques & Gloria Gossweiler Foundation, Jacques und Gloria Gossweiler Stiftung, Fondation Jacques und Gloria Gossweiler, JGGF

Funding Body Type

Private sector organisation

Funding Body Subtype

Trusts, charities, foundations (both public and private)

Location

Switzerland

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are available on reasonable request. Requests can be made via CTR@cardiff.ac.uk, please see <https://www.cardiff.ac.uk/centre-for-trials-research/collaborate-with-us/data-requests> for details on how to apply. All requests will be assessed individually for compliance with original participant consent and data anonymisation in accordance with CTR standard operating procedure.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol file	version 1.0	20/03/2025	13/05/2025	No	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes