ISRCTN12284883 https://doi.org/10.1186/ISRCTN12284883

# Effects of resistance exercise in older Chinese Americans

**Submission date**
05/04/2022

**Recruitment status**
No longer recruiting

**Registration date**
06/04/2022

**Overall study status**
Completed

**Last Edited**
03/05/2024

**Condition category**
Other

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

## Plain English summary of protocol

Background and study aims
Many older Chinese Americans do not participate in resistance exercise. It remains unclear the effects of resistance training in older Chinese Americans. The aim of this study is to examine the effects of a 12-week resistance exercise intervention on mobility, physical activity, cognitive function, and health benefits in community-dwelling older Chinese Americans.

Who can participate?
Community-dwelling older adults who self-identify as Chinese American aged 60-89 years

What does the study involve?
Participants in the exercise group will be asked to complete the resistance exercise training two times a week for 12 weeks. Participants in the wait-list control group will be asked to maintain their usual activities. Mobility, physical activity, cognitive function, general health, stress, depressive symptoms, social support, self-perceived success, and life satisfaction will be assessed at baseline and 12 weeks.

What are the possible benefits and risks of participating?
The exercise training may help participants to strengthen their muscles. Participants may learn more about skills and knowledge for performing strength exercises. The risks to participants are minimal. Participants may experience muscle soreness lasting a few days after doing exercises. The participants may feel slight fatigue when they perform strength exercises.

Where is the study run from?
Georgia State University (USA)

When is the study starting and how long is it expected to run for?
October 2017 to February 2019

Who is funding the study?
Byrdine F. Lewis College of Nursing & Health Professions, Georgia State University (USA)

Who is the main contact?
Mei-Lan Chen
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# Contact information

### Type(s)
Principal investigator

### Contact name
Dr Mei-Lan Chen

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# Additional identifiers

# Study information

### Scientific Title
Effects of resistance exercise training in community-dwelling older Chinese Americans

### Study objectives
The intervention group will have significantly greater improvements in mobility, physical activity, cognitive function, and health status than the control group at the 12-week time point.

### Ethics approval required
Old ethics approval format

### Ethics approval(s)
Approved 03/02/2018, Georgia State University Institutional Review Board (3rd Floor, 58 Edgewood, Atlanta, GA 30303, USA; +1 404-413-3500; irb@gsu.edu), ref: H18308

### Primary study design
Interventional

### Study design
Pretest-posttest control group randomized controlled trial

### Study type(s)
Prevention

### Health condition(s) or problem(s) studied
Older adults' mobility, physical activity, cognitive function, and psychological well-being

### Interventions
Participants will be randomly assigned into two groups (1:1 ratio): the intervention group (resistance exercise group) or the control group (wait-list control group), using the random number generator. The intervention group will receive a 12-week resistance exercise training, while the wait-list control group will not receive the exercise intervention. After completing the post-test, the wait-list control group will have an opportunity to receive a delayed intervention (the same 12-week resistance exercise training as the intervention group), if desired.

The 12-week exercise intervention comprises upper-extremity and lower- extremity progressive resistance training focusing on all major muscle groups. The exercise intervention will include 50-min group exercise sessions, two times a week. Each exercise session consists of a warm-up (10 min), resistance exercise training (30 min), and a cool-down (10 min). Participants will be closely supervised by researchers and their blood pressure, heart rate, the intensity of exercise, and level of fatigue will be assessed during exercise sessions.

### Intervention Type
Behavioural

### Primary outcome(s)
1. Mobility measured using Short Physical Performance Battery and JAMAR® Hand Dynamometer at baseline and 12 weeks.
2. Physical activity is measured using International Physical Activity Questionnaire at baseline and 12 weeks.
3. Cognitive function is measured using Montreal Cognitive Assessment at baseline and 12 weeks.

### Key secondary outcome(s)
1. General health measured using activities of daily living, overall stress and pain scales at baseline and 12 weeks.
2. Depressive symptoms measured using Geriatric Depression Scale at baseline and 12 weeks.
3. Stress measured using Perceived Stress Scale at baseline and 12 weeks.
4. Social support measured using Lubben Social Network Scale at baseline and 12 weeks.
5. Life satisfaction measured using Satisfaction with Life Scale at baseline and 12 weeks.
6. Self-perceived success measured using Flourishing Scale at baseline and 12 weeks.

### Completion date
28/02/2019

## Eligibility

### Key inclusion criteria
1. Age 60 or older (age 60 - 89 years)
2. Self-identifying as Chinese American
3. Able to speak Mandarin

4. Able to walk independently without assistive devices
5. Are not engaged in any resistance exercise programs during the 6 months prior to this study
6. Ability to follow verbal and visual instructions
7. Ability to give informed consent and complete the assessment battery

### Participant type(s)
Other

### Healthy volunteers allowed
No

### Age group
Senior

### Lower age limit
60 Years

### Sex
All

### Total final enrolment
30

### Key exclusion criteria
1. Blood pressure >160/100 mmHg or severe complications of hypertension, such as aneurysm, heart failure, or metabolic syndrome
2. A history of coronary artery disease, cardiac surgery, heart attack, or stroke in past 3 months
3. Health-related problems that would interfere with the participation in the exercise program, such as angina, uncontrolled diabetes, or serious cardiac arrhythmias
4. Active treatment for cancer or substance abuse
5. A history of upper-extremity, lower-extremity, hip, or back surgery in past 3 months
6. Severe cognitive impairments, such as signs of psychosis, dementia, not oriented to time, place, or person

### Date of first enrolment
25/06/2018

### Date of final enrolment
13/07/2018

## Locations

### Countries of recruitment
United States of America

### Study participating centre
**Circle of Love Adult Day Healthcare**
5522 New Peachtree Rd.
Suite 129

Chamblee, GA
United States of America
30341

# Sponsor information

### Organisation
Georgia State University

### ROR
https://ror.org/03qt6ba18

# Funder(s)

### Funder type
University/education

### Funder Name
Byrdine F. Lewis College of Nursing & Health Professions

# Results and Publications

### Individual participant data (IPD) sharing plan
The data sharing plans for the current study are unknown and will be made available at a later date

### IPD sharing plan summary
Data sharing statement to be made available at a later date

### Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Results article | | 09/03/2023 | 03/05/2024 | Yes | No |