

A randomised controlled trial investigating the effectiveness of regular group aerobic exercise sessions on the health and psychological well-being of people with mild MS

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| Submission date 12/09/2003 | Recruitment status No longer recruiting | <input type="checkbox"/> Prospectively registered |
| Registration date 12/09/2003 | Overall study status Completed | <input type="checkbox"/> Protocol |
| Last Edited 02/11/2016 | Condition category Nervous System Diseases | <input type="checkbox"/> Statistical analysis plan |
| | | <input type="checkbox"/> Results |
| | | <input type="checkbox"/> Individual participant data |
| | | <input type="checkbox"/> Record updated in last year |

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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Additional identifiers

Protocol serial number

N0263104849

Study information

Scientific Title

A randomised controlled trial investigating the effectiveness of regular group aerobic exercise sessions on the health and psychological well-being of people with mild MS

Study objectives

Does regular aerobic exercise improve health and well being in people with mild MS?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Nervous System Diseases: Multiple sclerosis (MS)

Interventions

1. Group aerobic exercise programme
2. Educational sessions

Intervention Type

Behavioural

Primary outcome(s)

1. Heart rate, blood pressure, muscle strength, 6 min walking tests
2. Quality of life questionnaire
3. Physiological cost index

Key secondary outcome(s)

Not provided at time of registration

Completion date

01/12/2007

Eligibility**Key inclusion criteria**

Not provided at time of registration

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/03/2001

Date of final enrolment

01/12/2007

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

National Hospital for Neurology & Neurosurgery

London

United Kingdom

WC1N 3BG

Sponsor information**Organisation**

Department of Health (UK)

Funder(s)**Funder type**

Government

Funder Name

University College London Hospitals NHS Trust (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration