ISRCTN14725356 https://doi.org/10.1186/ISRCTN14725356

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

Submission date
12/09/2003

Recruitment status
No longer recruiting

Registration date
12/09/2003

Overall study status
Completed

Last Edited
02/11/2016

Condition category
Nervous System Diseases

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

Primary study design
Interventional

Study design
Randomised controlled trial

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