

Multidimensional Individualised Physical Activity profiles for behaviour Change using Technology

Submission date 31/07/2013	Recruitment status No longer recruiting	☒ Prospectively registered ☒ Protocol
Registration date 31/07/2013	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 14/08/2020	Condition category Other	☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Dr Oliver Peacock

Contact details

Department for Health

Eastwood 22/23

The Avenue

Claverton Down

Bath

United Kingdom

BA2 7AY

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O.J.Peacock@bath.ac.uk

Additional identifiers

Protocol serial number

14972

Study information

Scientific Title

Multidimensional Individualised Physical Activity profiles for behaviour Change using Technology

Acronym

MiPACT Project

Study objectives

Physical activity has the potential to offer a great deal to the success of public health initiatives targetting chronic disease if only we can get enough people to change their behaviour.

It is becoming increasingly apparent that there are multiple ways to harness the protective properties of physical activity because there are various dimensions to this behaviour that are independently important. Thus, we do not all have to do the same thing (one size does not fit all). Rapid developments in technology mean that we can now portray simple and/or sophisticated physical activity 'profiles' and personalised illustrations of current physical activity dimensions. In turn, this means that we can promote a smorgasbord of personalised physical activity choices with options tailored to an individual's need and preferences.

Funded by the National Prevention Research Initiative (Medical Research Council) the purpose of the proposed research (the MiPACT Project) is to use new technologies to develop visual multidimensional physical activity profiles and examine whether personalised social marketing of these profiles, over a 12-week intervention period, is more effective than 'usual care' at improving physical activity behaviour, reducing future health risk and improving wellbeing in male and female adults (aged between 40-70 years) who are at risk of cardiovascular disease and type II diabetes.

Ethics approval required

Old ethics approval format

Ethics approval(s)

South West - Frenchay Research Ethics Committee, 06/09/2013, ref: 13/SW/0179

Primary study design

Interventional

Study design

Randomised interventional trial; Design type: Prevention

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Topic: Primary Care Research Network for England; Subtopic: Not Assigned; Disease: All Diseases

Interventions

1. Mi-PACT Programme, One-to-one personalised social marketing of multi-dimensional physical activity profiles
2. Usual care

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Physical Activity; Timepoints: 0, 3 and 12 months

Key secondary outcome(s)

1. Perceived competence, relatedness, autonomy, motivation, exercise habits/intentions, health status; Timepoints: 0, 3 and 12 months
2. Weight, waist circumference, blood pressure, fat mass, lipids, glucose control, C-reactive protein; Timepoints: 0, 3 and 12 months

Completion date

31/03/2015

Eligibility

Key inclusion criteria

1. Males and females aged between 40-70 years
2. Medium risk as identified by a 10-year QRISK, QDScore and/or QIntervention of 10-20% and high risk as >20%.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Total final enrolment

204

Key exclusion criteria

1. Individuals diagnosed with coronary heart disease, chronic kidney disease, type II diabetes, stroke, heart failure and peripheral disease, severe hypertension.
2. Individuals with a BMI >40 kg/m², use of weight loss drugs, individuals unable to change their physical activity or individuals who already lead highly physically active lives.

Date of first enrolment

01/10/2013

Date of final enrolment

31/03/2015

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Department for Health

Bath

United Kingdom

BA2 7AY

Sponsor information

Organisation

University of Bath (UK)

ROR

<https://ror.org/002h8g185>

Funder(s)

Funder type

Research council

Funder Name

Medical Research Council (MRC) - National Prevention Research Initiative (UK) Grant Codes: MR/J0004OX/1

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?
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Results article	results	08/08/2020	13/08/2020	Yes	No
Protocol article	protocol	28/08/2015		Yes	No
HRA research summary			28/06/2023	No	No