

Effect of a primary care based physical activity intervention in 45-74 year old men and women: a randomised controlled trial

Submission date 23/01/2004	Recruitment status No longer recruiting	☒ Prospectively registered ☐ Protocol
Registration date 23/01/2004	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 01/12/2010	Condition category Other	☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Study information

Scientific Title

Study objectives

Not provided at time of registration

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)

Prevention

Health condition(s) or problem(s) studied

Exercise and health

Interventions

1. Consultation with an exercise development officer, and offered a personalised 10 week programme to increase levels of physical activity combining leisure centre and home based activities.
2. Control subjects were sent information on local leisure centres.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Not provided at time of registration

Key secondary outcome(s)

Not provided at time of registration

Completion date

31/12/2005

Eligibility

Key inclusion criteria

Inactive people (identified by questionnaire) aged between 45 and 74 years.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/02/2004

Date of final enrolment

31/12/2005

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

London School of Hygiene and Tropical Medicine

London

United Kingdom

WC1E 7HT

Sponsor information

Organisation

NHS R&D Regional Programme Register - Department of Health (UK)

Funder(s)

Funder type

Government

Funder Name

NHS Executive London

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?
Results article	results	01/09/1998		Yes	No