

Effects of long-term moderate exercise and increase in number of daily steps on serum lipids in women

Submission date 07/01/2002	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 07/01/2002	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 07/09/2007	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

Protocol serial number
Grant no.'s: 08780091 and 07772270

Study information

Scientific Title

Study objectives

The design of the study was mostly on the basis of encouraging middle-aged women to increase their moderate exercise and consequently make those who have less activity aware of their serum lipids status.

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)

Quality of life

Health condition(s) or problem(s) studied

None of the subjects who participated in the 2-year trial had any specific disease.

Interventions

All exercise group were asked to use the same type of pedometer and record their daily steps for a period of two years. The control and exercise groups were asked to keep the same food intake as they had before. It should be mentioned that the food intake and types of meals in most Japanese middle-aged women have the same pattern. The recorded daily steps and serum lipid factors were analysed at the following times: initial, 6, 15 and 24 months after the moderate exercise started. The data obtained for the control and exercise groups were then compared and conclusions and recommendations were given.

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

01/01/2001

Eligibility

Key inclusion criteria

Two groups of subjects were considered for this study: 14 subjects as the exercise group and 13 as the control group. They were selected from eligible volunteers on the basis of 40-60 year old women. The subjects of this study were randomly selected from the inhabitants of a community. None of the subjects who participated in the 2-year trial had any specific disease.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

Female

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/01/1999

Date of final enrolment

01/01/2001

Locations

Countries of recruitment

Japan

Study participating centre

Nursing Course

Gifu

Japan

501-1193

Sponsor information

Organisation

Ministry of Education, Culture, Sports, Science and Technology (Japan)

ROR

<https://ror.org/048rj2z13>

Funder(s)

Funder type

Government

Funder Name

Ministry of Education, Science, Sports and Culture of Japan (Japan) - Grant-in-Aid for Scientific Research

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	01/01/2002		Yes	No