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Interval-Brisk Walking in Healthy Older Adults

Submission date
24/06/2005

Recruitment status
No longer recruiting

Registration date
28/07/2005

Overall study status
Completed

Last Edited
13/08/2012

Condition category
Other

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

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

Protocol serial number
3134

Study information

Scientific Title

Study objectives

1. Can subjects be effectively recruited?
2. Can both exercise therapies (study and control) be safely employed in an older adult population?
3. Can strategies be developed to ensure acceptable patient compliance?
4. Can appropriate quality assurance initiatives (e.g. patient recruitment, staff training, data collection) be developed to ensure the successful completion of a larger study?

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
Healthy older adults

Interventions
An interval-brisk-walking-training program consisting of three sessions per week for 4 weeks. The subjects will participate in a supervised indoor/outdoor training program consisting of repetitions of 30 seconds of brisk walking followed by 3 minutes of recovery walking.

The control group will attend a one-hour training session on the principles of exercise. Participants will be advised to perform moderate endurance exercise at home, such as walking, gardening and swimming three sessions per week for one month.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
1. Six-Minute Walk
2. Fifty-Foot Fast Walk

Key secondary outcome(s)
1. Stroop Color-Word Test
2. Symbol-Digits Modalities Test
3. Five-Minute Walk
4. Repeated Sit-to-Stand

5. Repeated Trunk Flexion
6. Dynamic Balance
7. Medical Outcomes Study Short-form Health Survey 36-items

Completion date
01/09/2005

Eligibility

Key inclusion criteria
1. English literacy
2. Age 65 to 75 years
3. Accessible by telephone
4. Vision and hearing adequate to complete the tasks administered in this study
5. Signed informed consent (not by proxy)
6. Nonsmoker
7. At least 30 minutes of physical activity at least 3 days per week

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Senior

Sex
All

Key exclusion criteria
1. Orthopedic and gait influencing conditions (e.g. severe chronic low back pain)
2. Cognitive deficits (e.g. self-reported diagnosis of Alzheimers disease)
3. Medical contraindication to exercise or severe coexisting disease which would interfere with performance
3.1. current cancer
3.2. major surgery within the last year
3.3. current infectious disease
3.4. recent unhealed fractures
3.5. disorders with a highly variable course (e.g. multiple sclerosis)
3.6. falls with fracture
3.7. recurrent falls
3.8. neurologic disease
3.9. seizure disorder
3.10. Huntingtons disease
3.11. Parkinsons disease
3.12. hepatic failure
3.13. renal failure
3.14. cerebrovascular events
3.15. class A-3 or higher (American College of Sports Medicine [ACSM] 1998).

Date of first enrolment
23/06/2005

Date of final enrolment
01/09/2005

Locations

Countries of recruitment
United Kingdom

Canada

Study participating centre
Professor and Director
Montreal, Quebec
Canada
H3G 1Y5

Sponsor information

Organisation
University of Southampton (UK)

ROR
https://ror.org/01ryk1543

Funder(s)

Funder type
University/education

Funder Name
University of Southampton (UK)

Alternative Name(s)
University of Southampton UK

Funding Body Type
Government organisation

Funding Body Subtype

Universities (academic only)

Location
United Kingdom

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?
Abstract results	results reported in conference proceedings	01/06/2007		No	No