

Effect of singing lessons on physical activity in patients with Chronic Obstructive Pulmonary Disease (COPD)

Submission date 22/11/2010	Recruitment status No longer recruiting	☒ Prospectively registered ☐ Protocol
Registration date 25/11/2010	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 11/12/2014	Condition category Respiratory	☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Nicholas Hopkinson

Contact details
Royal Brompton Hospital
Fulham Rd
London
United Kingdom
SW3 6NP

Additional identifiers

Protocol serial number
V3

Study information

Scientific Title
Effect of singing lessons on physical activity in patients with COPD: a prospective, single-blind, randomised controlled trial

Study objectives

That 8 weeks of twice weekly vocal coaching will improve daily physical activity in patients with Chronic Obstructive Pulmonary Disease (COPD) compared to a control group taking part in a film club.

Ethics approval required

Old ethics approval format

Ethics approval(s)

The Brompton, Harefield & NHLI Research Ethics Committee, 15/12/2009, ref: 07/H0708/900

Primary study design

Interventional

Study design

Single-blind prospective randomised controlled trial.

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Chronic Obstructive Pulmonary Disease (COPD)

Interventions

Patients will be randomised to receive either:

1. Singing lessons twice per week for 8 weeks
2. Film club once per week for 8 weeks

Participants will be followed for 1 week after the end of the program.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Daily physical activity assessed using the SenseWear armband at one week after the end of the program

Key secondary outcome(s)

1. Hospital Anxiety Depression (HAD) score
2. COPD Assessment Test (CAT) score
3. Shuttle walk distance

All outcomes will be assessed 1 week after the end of the program

Completion date

01/05/2011

Eligibility

Key inclusion criteria

1. Patients with COPD with MRC dyspnea score >3/5
2. Either sex, aged >21 years

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Patients with a life expectancy of <3 months
2. Patients where a diagnosis of primary hyperventilation has been made i.e. with normal lung function test results
3. Other co-morbidities will be permitted unless they are likely to interfere directly with participation in the study

Date of first enrolment

01/12/2010

Date of final enrolment

01/05/2011

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

Royal Brompton Hospital

London

United Kingdom

SW3 6NP

Sponsor information**Organisation**

Imperial College London (UK)

ROR

<https://ror.org/041kmwe10>

Funder(s)

Funder type

Government

Funder Name

National Institute of Health Research (NIHR) Respiratory Biomedical Research Unit (BRU) (UK) - run jointly by:

Funder Name

Royal Brompton & Harefield NHS Foundation Trust (UK)

Funder Name

Imperial College London, National Heart & Lung Institute (NHLI) (UK)

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	13/11/2012		Yes	No