

Tailored physical activity intervention for the over-fifties

Submission date 28/12/2006	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 28/12/2006	Overall study status Completed	☐ Statistical analysis plan ☐ Results
Last Edited 06/01/2021	Condition category Other	☐ Individual participant data ☐ Record updated in last year

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
NL792, NTR805

Study information

Scientific Title
Tailored physical activity intervention for the over-50s

Study objectives

1. In the first intervention group, the percentage of subjects who meet the national physical activity guideline will significantly increase.
2. In the second intervention group the percentage of subjects who meet the national physical activity guideline will significantly increase more than the subjects in the first intervention group.
3. Feasibility and appreciation of the interventions will be evaluated.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Primary study design

Interventional

Study design

Randomised, parallel group, double blinded, controlled trial

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

No condition, healthy person

Interventions

Two tailored physical activity interventions are developed. In the first intervention condition subjects will receive tailored advice three times on their psychosocial and environmental determinant of physical activity. The intervention will tailor on three levels: awareness of physical activity, behavioural change and maintenance of behavioural change.

In the second intervention condition subjects will receive tailored advice three times on their psychosocial determinants of physical activity and in more details on environmental determinants.

Additionally, there will be an extra intervention to stimulate participation in local activities that stimulate physical activity among the over-50s.

The two intervention conditions will receive tailored advice at three times: 2 weeks after baseline assessment, 1 month and 2 months after the first baseline assessment. During the implementation period, evaluation assessments will be taken at three times: at the start (T0: also the data base for the first and second tailored advice), after 1.5 months (T1: also the data base for the third tailored advice), and after 3 months (T2).

Intervention Type

Behavioural

Primary outcome(s)

Change in physical activity behaviour (0 months, 6 weeks, 3 months) using a validated questionnaire (Short QUestionnaire to ASsess Health-enhancing physical activity [SQUASH]).

Key secondary outcome(s)

Changes on awareness and on determinants of changing and maintaining physical activity behaviour (0 months, 6 weeks, 3 months) using validated questionnaires.

Completion date

01/03/2006

Eligibility

Key inclusion criteria

Persons will be included if they are aged 50 or older

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Senior

Sex

Not Specified

Total final enrolment

1971

Key exclusion criteria

Persons are excluded if a physician advised against participating in physical activity or exercise

Date of first enrolment

23/11/2005

Date of final enrolment

01/03/2006

Locations

Countries of recruitment

Netherlands

Study participating centre

Open University the Netherlands

Heerlen

Netherlands

6401 DL

Sponsor information

Organisation

Open University (The Netherlands)

ROR

<https://ror.org/018dfmf50>

Funder(s)

Funder type

Research organisation

Funder Name

Netherlands Organisation for Health Research and Development (ZonMw) (The Netherlands)

Alternative Name(s)

Netherlands Organisation for Health Research and Development

Funding Body Type

Private sector organisation

Funding Body Subtype

Other non-profit organizations

Location

Netherlands

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?
Study website	Study website	11/11/2025	11/11/2025	No	Yes