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The impact of a walking intervention on the physical activity levels and health of adults with intellectual disabilities

Submission date
15/03/2012

Recruitment status
No longer recruiting

Registration date
03/04/2012

Overall study status
Completed

Last Edited
11/07/2016

Condition category
Mental and Behavioural Disorders

[X] Prospectively registered

[X] Protocol

[ ] Statistical analysis plan

[X] Results

[ ] Individual participant data

Plain English summary of protocol

Background and study aims
The physical activity levels of adults with intellectual disabilities reported in previous research studies were below the recommended level to keep healthy. Not much is known about how best to support adults with intellectual disabilities to be more active. Walking is a sustainable form of physical activity that can be incorporated into everyday life. Interventions that support people to walk more have been shown to lead to improved health and wellbeing. This study will examine whether a walking intervention helps adults with intellectual disabilities increase how much walking they do and improves their health.

Who can participate?
Adults with intellectual disabilities between 18 and 65 years of age, living in the catchment area of NHS Greater Glasgow and Clyde can take part in this study. Potential participants should be able to walk for 10 minutes.

What does the study involve?
Before the walking program (intervention) starts, participants will be invited to meet with a researcher. The researcher will ask participants questions about current levels of physical activity and health. We would also like to ask carers some questions. We would also like to measure physical activity by asking participants to wear a belt round the waist. The belt has a small box attached called an accelerometer that measures physical activity and how many steps the wearer takes. Participants will also be invited to have their height, weight and waist circumference measured. These measurements will be repeated after the individual takes part in the walking intervention. The walking intervention lasts 12 weeks. Participants will meet with a walking coordinator three times. The walking coordinator will talk to participants and carers about physical activity and walking. With the help of the walking coordinator, participants will choose an individualised walking program to follow. The aim of the walking program is to help participants increase the time they spend walking gradually over the 12 week intervention period. At the end of the walking intervention we will ask participants and carers to tell us what they think about the intervention.

What are the possible benefits and risks of participating?
Participants may experience health benefits by taking part in the intervention. They may also become more confident about taking part in physical activity. We do not anticipate any significant risks for participants.

Where is the study run from?
University of Glasgow (UK)

When is the study starting and how long is it expected to run for?
May 2012 to April 2014

Who is funding the study?
This study is funded by the Chief Scientist Office, Scottish Government Health Directorates

Who is the main contact?
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
1.1

Study information

Scientific Title
The impact of a walking intervention on the physical activity levels and health of adults with intellectual disabilities: a randomised controlled trial

Study objectives
1. Does a 12-week walking intervention for adults with intellectual disabilities increase the average number of steps walked per day?

2. Does a walking intervention for adults with intellectual disabilities increase the average time spent per day in moderate-vigorous intensity?
3. Does a walking intervention for adults with intellectual disabilities reduce time spent on sedentary behaviour?
4. Are changes in walking behaviours, physical activity and sedentary behaviour maintained at follow-up, three months after the end of the walking intervention?
5. Does a walking intervention for adults with intellectual disabilities lead to improved wellbeing and self efficacy for physical activity?
6. How do individuals with learning disabilities who have participated in a walking intervention view the experience?

Ethics approval required
Old ethics approval format

Ethics approval(s)
Scotland A Research Ethics Committee, 13/02/2012, ref: 12/SS/0003

Primary study design
Interventional

Study design
Single-centre single-blind randomised controlled study

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Intellectual disabilities

Interventions
1. Multi-component walking intervention - accessible resources on the benefits of physical activity; physical activity consultation & individualised, structured walking program.
2. Waiting list control

Intervention Type
Behavioural

Primary outcome(s)
Average number of steps walked per day

Key secondary outcome(s)
1. Average number of minutes spent in moderate - vigorous physical activity per day
2. Average number of minutes spent in physical activity of any intensity per day
3. Average time spent on sedentary behaviour per day
4. Quality of life, self efficacy and vitality
5. Weight, body mass index (BMI) and waist circumference

Completion date
30/04/2014

Eligibility

Key inclusion criteria
1. 18-65 years old
2. Ambulatory and able to walk unaided for 10 minutes at a time, based on self/carer report
3. Any level of intellectual disabilities
4. Not currently taking part in any other research study

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Upper age limit
65 Years

Sex
All

Key exclusion criteria
1. Wheelchair user or significant mobility problems
2. Severe challenging behaviour, or other needs requiring constant one-to-one support from staff
3. Involved in regular physical activity - meeting current public health recommendations for physical activity, for six months or more

Date of first enrolment
01/05/2012

Date of final enrolment
30/04/2014

Locations

Countries of recruitment
United Kingdom

Scotland

Study participating centre

Gartnavel Royal Hospital
Glasgow
United Kingdom
G120XH

Sponsor information

Organisation
NHS Greater Glasgow & Clyde (UK)

ROR
https://ror.org/05kdz4d87

Funder(s)

Funder type
Government

Funder Name
Chief Scientist Office (CSO) (UK) (ref:CZH/4/644)

Alternative Name(s)
CSO

Funding Body Type
Government organisation

Funding Body Subtype
Local government

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?
Results article	results	29/09/2015		Yes	No
Protocol article	protocol	01/07/2013		Yes	No
Other publications	process evaluation	07/07/2016		Yes	No