

Effects of an eight-month aquatic exercise programme in women with fibromyalgia

Submission date 18/06/2006	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 14/07/2006	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 20/07/2009	Condition category Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> 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
18/02

Study information

Scientific Title

Acronym

AF8PF/18/02

Study objectives

1. Aquatic exercise improves the health-related quality of life and physical fitness
2. Aquatic training is a cost-effective strategy in persons with fibromyalgia

Ethics approval required

Old ethics approval format

Ethics approval(s)

Bioethical Committee of the University of Extremadura on 11/07/2002, reference number 18/02

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Fibromyalgia

Interventions

Aquatic training, three sessions per week for eight months

In the eight-month fibromyalgia trial, there were two groups:

1. Control group: usual care (primary care based on antidepressants) without adding any physical or psychological therapy
2. Intervention group: we added three one-hour aquatic training sessions including:
 - a. 4x12 knee flexo extension using body weight as charge
 - b. 4x12 upper limb movements against the water drag using a pull-boy

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Pain as measured by the visual analogue scale (VAS)
 2. EuroQol 5-D
 3. Short-form-36 questionnaire (SF-36) scores
 4. Utility and costs
- Isokinetic strength and electromyographic parameters
Fibromyalgia Impact Questionnaire
Fitness

Key secondary outcome(s)

Psychological aspects: state trait anxiety inventory

Completion date

01/06/2005

Eligibility

Key inclusion criteria

Women who suffer fibromyalgia according to diagnosis by the American College of Rheumatism

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

Female

Key exclusion criteria

1. Contraindications to physical exercise
2. Other physical or psychological therapies
3. Cognitive disease
4. Drugs affecting the measures

Date of first enrolment

01/10/2004

Date of final enrolment

01/06/2005

Locations

Countries of recruitment

Spain

Study participating centre

Faculty of Sports Sciences

Caceres

Spain

10071

Sponsor information

Organisation

University of Extremadura (Spain)

ROR

<https://ror.org/0174shg90>

Funder(s)

Funder type

Government

Funder Name

Health Department of Junta de Extremadura (Spain)

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	01/12/2008		Yes	No
Results article	results	01/09/2009		Yes	No