

# Men on the Move: an investigation of a community-based physical activity programme for adult men

<b>Submission date</b> 13/11/2015	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 25/11/2015	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 14/04/2021	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Men in Ireland die younger and have higher death rates than women for most of the leading causes of death at all ages. Physical activity could help prevent many of the chronic conditions affecting men. Physical activity levels in men reduce with age, which is paralleled by an increasing levels of obesity. Supporting men to modify their health behaviors poses unique challenges to service providers. Men on the Move is a physical activity programme that is aimed at adult men to support them to become active, have fun and improve their fitness levels. It involves twice weekly structured physical activity sessions over 12 weeks that are led by a qualified instructor to a level and pace that suits you. Workshops on nutrition and well-being for men will also be delivered during the 12-week programme. The aim of this study is to determine whether the Men on the Move programme improves the physical fitness, weight and general health and lives of the men who attend.

### Who can participate?

Men who are not meeting the national guideline levels of physical activity

### What does the study involve?

Participants in the intervention group attend the the 12-week Men on the Move programme. Participants in the comparison group receive a free health check and an information booklet. As part of the evaluation we ask participants questions about their health and measure their height, weight, waist circumference, BMI and fitness at the start and the end of the programme and in February and August 2016.

### What are the possible benefits and risks of participating?

This study will enable us to find out how this type of programme may be helpful to men. By doing this, we hope to be able to deliver this programme to more men across the country. The primary risk for participants is the stress associated with the possibility of individuals being identifiable in the presentation of findings. Steps have been taken to off-set these risks and have been approved by the WIT research ethics committee. In respect to the physical activity element of the Men on the Move programme, all participants complete a physical activity

readiness questionnaire at the beginning the programme to determine the safety or possible risk of exercising based upon their responses to specific health history questions. These questionnaires are reviewed and where required participants are referred to their GP before starting the programme.

Where is the study run from?

Waterford Institute of Technology (Ireland)

When is the study starting and how long is it expected to run for?

September 2015 to August 2016

Who is funding the study?

Health Service Executive (HSE), Cork Local Sports Partnership (LSP), Donegal LSP, Dublin LSP, Galway LSP, Kilkenny LSP, Limerick LSP, Mayo LSP, Waterford LSP, Irish Heart Foundation, Men's Development Network

Who is the main contact?

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## Contact information

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Public

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## **Additional identifiers**

## **Study information**

### **Scientific Title**

The effect of a 12-week gender-sensitized physical activity intervention for men on biopsychosocial health measures

### **Acronym**

MoM

### **Study objectives**

To determine whether the MoM programme impacted the physical fitness, weight status and general health and lives of the men who attend.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Research Ethics Committee of Waterford Institute of Technology, 21/04/2015, ref: 15/Dept-HSES /13

### **Primary study design**

Interventional

### **Study design**

Interventional multi-centre controlled trial

### **Study type(s)**

Prevention

### **Health condition(s) or problem(s) studied**

Physical activity, mental well-being, obesity and physical fitness

### **Interventions**

The intervention will comprise of structured group exercise [2\*1 hour weekly], two facilitated workshops [diet and well-being], an information booklet with a PA log, a 5Km celebration event at 12 weeks, a pedometer for independent PA sessions and phone contact from local service providers. The core components of the structured group exercise [e.g. cardiovascular and strength and conditioning training] will be standardised across all centres. However, in keeping

with good practice, some flexibility will be catered for within groups; minor tailoring of the programme may occur so that these core components are achieved in a way that best suits the men's needs.

The comparison group will receive a free health check [time to complete 1 mile, BMI, waist circumference, BP and cholesterol] and an information booklet.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

1. Physical fitness, measured using a 1 mile test (mins and dec mins) at baseline, 12, 26 and 52 weeks
2. Weight, measured using a seca 813 digital weighing scales (kg) at baseline, 12, 26 and 52 weeks
3. BMI, calculated using a mathematical formula ( $\text{weight}/\text{height}^2$  [kg/m<sup>2</sup>]) at baseline, 12, 26 and 52 weeks
4. Waist circumference, measured using measuring tape (cm) at baseline, 12, 26 and 52 weeks
5. General health history and perception, measured using a questionnaire adapted from SLÁN 2007 [Barry et al., 2009] and Premier League Health [White et al., 2012] at baseline 12, 26 and 52 weeks
6. Dietary habits, measured using a Questionnaire; adapted from Premier League Football health initiatives evaluation [White et al., 2012] at baseline, 12, 26 and 52 weeks
7. Alcohol habits, measured using a questionnaire adapted from SLÁN [Barry et al., 2009] and Premier League Football health initiatives evaluation [White et al., 2012] at 12, 26 and 52 weeks
8. Smoking habits, measured using a questionnaire adapted from SLÁN [Barry et al., 2009] and Premier League Football [White et al., 2012] health initiatives evaluation at 12, 26 and 52 weeks
9. Mental well-being, measured using a questionnaire adapted from The Warwick-Edinburgh Mental Well-being Scale at baseline, 12, 26 and 52 weeks
10. Social integration, measured using a questionnaire (Berkman-Syme social network index) at baseline, 12, 26 and 52 weeks

## **Key secondary outcome(s)**

1. Cost effectiveness analysis of the intervention effects - data collected by within trial analysis [cost calculation of resources inputted into the programme, objective measures of weight, BMI and waist circumference, and time to do 1 mile]
2. Broader impacts of the programme on the health and lives of the participants - data collected through focus groups and interviews with participants
3. An investigation of the sustainability of the model of community-based health promotion for men - data collected through focus groups and interviews with service providers

## **Completion date**

31/08/2016

## **Eligibility**

### **Key inclusion criteria**

1. Currently inactive men [not meeting national PA guidelines]
2. Complete Physical Activity Readiness Questionnaire
3. Not participated in a MoM programme before

**Participant type(s)**

All

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

Male

**Key exclusion criteria**

Non-proficiency in the English language

**Date of first enrolment**

01/09/2015

**Date of final enrolment**

17/09/2015

**Locations****Countries of recruitment**

Ireland

**Study participating centre****Falcarragh**

Co. Donegal

Ireland

-

**Study participating centre****Lifford**

Co. Donegal

Ireland

-

**Study participating centre****Rathmullen**

Co. Donegal

Ireland

-

**Study participating centre**

**Ballina**

Co. Mayo

Ireland

-

**Study participating centre**

**Ballaghderren**

Co. Mayo

Ireland

-

**Study participating centre**

**Crossmolina**

Co. Mayo

Ireland

-

**Study participating centre**

**Waterford City**

Regional Sports Centre,

Co. Waterford

Ireland

-

**Study participating centre**

**Dungarvan**

Co. Waterford

Ireland

-

**Study participating centre**

**Lismore**

Co. Waterford

Ireland

-

**Study participating centre**

**Oughterard**

Co. Galway

Ireland

-

**Study participating centre**

**Doughiska**

Co. Galway

Ireland

-

**Study participating centre**

**Ballinasloe**

Co. Galway

Ireland

-

**Study participating centre**

**Rialto**

Co. Dublin

Ireland

-

**Study participating centre**

**Coolook**

Co. Dublin

Ireland

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**Study participating centre**

**Terenure**

Co. Dublin

Ireland

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**Study participating centre**

**Ballyhea**

Co. Cork

Ireland

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**Study participating centre**

**Inniscara**

Co. Cork

Ireland

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**Study participating centre**

**Dunmanway**

Co. Cork

Ireland

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**Study participating centre**

**Desmond league**

Co. Limerick

Ireland

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**Study participating centre**

**Auginish Diving Club**

Co. Limerick

Ireland

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**Study participating centre**

**Limerick Swim Club**

Co. Limerick

Ireland

-

**Study participating centre**

**Richmond Rugby Club**

Co. Limerick

Ireland

-

**Study participating centre**

**Thomastown**

Co. Kilkenny

Ireland

-

**Study participating centre**

**Castlecomer**

Co. Kilkenny

Ireland

-

**Study participating centre**

**O' Loughlin Gaels**

Co. Kilkenny

Ireland

-

## Sponsor information

**Organisation**

Centre for Health Behaviour Research (Ireland)

## Funder(s)

**Funder type**

Government

**Funder Name**

Health Service Executive (HSE) [Health Promotion and Improvement Division]

## Funder Name

Cork Local Sports Partnership (LSP), Donegal LSP, Dublin LSP, Galway LSP, Kilkenny LSP, Limerick LSP, Mayo LSP, Waterford LSP

## Funder Name

Irish Heart Foundation

## Alternative Name(s)

The Irish Heart Foundation, IHF

## Funding Body Type

Private sector organisation

## Funding Body Subtype

Trusts, charities, foundations (both public and private)

## Location

Ireland

## Funder Name

Men's Development Network

# Results and Publications

## Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Available on request

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/12/2019	14/06/2019	Yes	No
<a href="#">Protocol article</a>	protocol	17/03/2018		Yes	No
<a href="#">Other publications</a>	process evaluation	20/09/2018		Yes	No
<a href="#">Other publications</a>	pre-adoption characteristics	01/06/2019		Yes	No
<a href="#">Other publications</a>	economic evaluation	01/02/2021	01/02/2021	Yes	No