

Treatment of borderline hypertension by light - moderate, lifestyle exercise

Submission date 23/01/2004	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 23/01/2004	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 15/12/2008	Condition category Circulatory System	☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Chris Riddoch

Contact details
University of Bristol
Department of Sport, Exercise and Health Science
University of Bristol
34 West Park
Bristol
United Kingdom
BS8 2LU

Additional identifiers

Protocol serial number
C/PHI/04/15-06-94/RIDDOCH/D

Study information

Scientific Title

Study objectives

Current guidelines for the management of hypertension recommend regular, moderate intensity aerobic exercise such as brisk walking as a means of blood pressure reduction. However, there is a lack of consistent evidence regarding the magnitude of blood pressure response to such a prescription. In particular, no well designed studies have investigated the efficacy of a programme of exercise meeting current guidelines. AIM: To investigate the effect of a six-week programme of moderate intensity exercise on daytime ambulatory blood pressure (10.00 am to 10.00 pm) among unmedicated, sedentary adults aged 25 years to 63 years with office blood pressure of 150 mmHg to 180 mmHg systolic and/or 91 mmHg to 110 mmHg diastolic.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Not Specified

Health condition(s) or problem(s) studied

Cardiovascular diseases: Hypertension

Interventions

1. 30 minutes of moderate intensity exercise (brisk walking or equivalent) five days per week for six weeks
2. Maintenance of existing levels of physical activity

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Blood pressure

Key secondary outcome(s)

Not provided at time of registration

Completion date

31/12/1997

Eligibility**Key inclusion criteria**

Sedentary adults aged 25 to 63 years with office blood pressure of 150 mmHg to 180 mmHg systolic and/or 91 mmHg to 110 mmHg diastolic

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

Not Specified

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/06/1995

Date of final enrolment

31/12/1997

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

University of Bristol

Bristol

United Kingdom

BS8 2LU

Sponsor information

Organisation

NHS R&D Regional Programme Register - Department of Health (UK)

Funder(s)

Funder type

Government

Funder Name

NHS Executive South West (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	01/12/2000		Yes	No