

Exercise and health: a proposal to evaluate different models of promoting physical activity in patients registered with an inner city general practice

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 16/01/2014	Condition category Other	☐ 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

HB32

Study information

Scientific Title

Study objectives

Physical activity is a protective factor in the origins of heart disease, stroke, obesity, diabetes, and osteoporosis. It may also play a role in the promotion of mental health. Inactivity is a risk factor for coronary heart disease.

The aim of this study was to assess the effectiveness of four methods of increasing the level of physical activity in middle aged people.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Not Specified

Health condition(s) or problem(s) studied

Exercise and health

Interventions

The five interventions were:

1. Information pack and 5 minute interview (control group)
2. Pack plus one 40 minute motivational interview
3. As group 2 plus 30 vouchers giving free access to local leisure facilities
4. Pack plus six motivational interviews over 12 weeks
5. As group 4 plus vouchers.

At the initial interview information was collected about demography, physical activity score, knowledge about benefits of physical activity and barriers to undertaking it, smoking, alcohol consumption, diet, and general health. Physical assessment included height, weight, waist and hip circumference, blood pressure, and respiratory and cardiovascular function tests.

The 12 weeks questionnaire collected self-reported information, and the 12 month assessment covered the full range of measurements.

The participants received a postal questionnaire after 12 weeks, and were interviewed and re-assessed at 12 months.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Not provided at time of registration

Key secondary outcome(s)

Not provided at time of registration

Completion date

30/07/1997

Eligibility

Key inclusion criteria

1308 patients aged between age 40 and 64 were approached opportunistically when they attended at a health centre in Newcastle upon Tyne. A further 1666 patients of the practice were invited to participate by post.

217 men and 306 women eventually took part. 81% responded to the 12-week postal enquiry, and 84% to the 12-month interview.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/10/1994

Date of final enrolment

30/07/1997

Locations

Countries of recruitment

United Kingdom

England

Study participating centre
Primary Care Development Centre
Newcastle upon Tyne
United Kingdom
NE4 6BE

Sponsor information

Organisation

Record Provided by the NHS R&D 'Time-Limited' National Programme Register - Department of Health (UK)

Funder(s)

Funder type

Government

Funder Name

NHS Cardiovascular Disease and Stroke National Research and Development Programme (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	25/09/1999		Yes	No