

A randomised controlled trial of exercise prescription on Fibromyalgia (The Fibromyalgia Intervention Trial:- FIT)

Submission date 23/01/2004	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 23/01/2004	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 12/01/2010	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
REC00109

Study information

Scientific Title

Acronym

FIT

Study objectives

To evaluate the efficacy of a class based exercise prescription program for fibromyalgia (FM). The assessment was performed by a randomised controlled trial comparing the active treatment of graded aerobic fitness exercise to a control treatment of relaxation and flexibility.

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)

Treatment

Health condition(s) or problem(s) studied

Fibromyalgia

Interventions

1. Graded aerobic fitness programme (intervention)
2. Programme of relaxation and flexibility

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Participants' self assessment of improvement, tender point count, impact of condition measured by fibromyalgia impact questionnaire, and short form McGill pain questionnaire.

Key secondary outcome(s)

Not provided at time of registration

Completion date

30/12/2000

Eligibility

Key inclusion criteria

Fibromyalgia

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

Inability to attend classes

Date of first enrolment

30/09/1998

Date of final enrolment

30/12/2000

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

Kings Healthcare NHS Trust

Poole

United Kingdom

BH15 2JB

Sponsor information**Organisation**

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

Funder(s)

Funder type

Government

Funder Name

NHS Executive London (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	27/07/2002		Yes	No