ISRCTN69776211 https://doi.org/10.1186/ISRCTN69776211

Activity, Lifestyle And Nutrition and Therapy study

Submission date	Recruitment status	[_] Prospectively registered
04/08/2005	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
04/08/2005	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
04/02/2013	Circulatory System	

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
NTR42

Study information

Scientific Title

Acronym
ALANT

Study objectives
To evaluate cost-effectiveness of a lifestyle intervention in patients with cardiovascular disease.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from the local ethics committee

Primary study design
Interventional

Study design
Randomised, active controlled, parallel group trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Cardiovascular disease

Interventions
Patients of the VU University Medical Centre will be randomised into two groups. One group will receive a six-month lifestyle intervention which includes a physical activity program and when appropriate smoking cessation and weight loss. The other group will continue to receive usual care.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Cost-effectiveness of a lifestyle intervention in patients with cardiovascular disease

Key secondary outcome(s)
Not provided at time of registration

Completion date
01/03/2008

Eligibility

Key inclusion criteria
1. The patient has manifest cardiovascular suffering in combination with at least one lifestyle related risk factor (physical inactivity, smokes, obesity)
2. The patient must be able to participate in a training program
3. The patients' insurance company will cover the costs of the intervention program

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
1. A recent cardiovascular incident (within less than 3 months)
2. Unstable (co)-morbidity
3. A planned operation or undergoing investigations which can directly lead to an operation
4. Younger than 18 years
5. The patient has already attended the intervention program
6. Insufficient knowledge of the Dutch language

Date of first enrolment
01/04/2005

Date of final enrolment
01/03/2008

Locations

Countries of recruitment
Netherlands

Study participating centre
De Boelelaan 1085
Amsterdam
Netherlands
1081 HV

Sponsor information

Organisation
Vrije University Medical Centre (VUMC) (The Netherlands)

ROR
https://ror.org/00q6h8f30

Funder(s)

Funder type
Research organisation

Funder Name
The Netherlands Organisation for Health Research and Development (ZonMw) (The Netherlands)

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	10/09/2012		Yes	No