

# The feasibility of an exercise intervention in depressed postpartum women: a pilot randomised controlled trial

|                                        |                                                       |                                                      |
|----------------------------------------|-------------------------------------------------------|------------------------------------------------------|
| <b>Submission date</b><br>29/09/2006   | <b>Recruitment status</b><br>No longer recruiting     | <input type="checkbox"/> Prospectively registered    |
| <b>Registration date</b><br>29/09/2006 | <b>Overall study status</b><br>Completed              | <input type="checkbox"/> Protocol                    |
| <b>Last Edited</b><br>16/07/2008       | <b>Condition category</b><br>Pregnancy and Childbirth | <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

### Contact name

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### Contact details

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## Additional identifiers

### Protocol serial number

N0138161713

## Study information

## **Scientific Title**

### **Study objectives**

The study aims to evaluate the feasibility and acceptability of a pram pushing exercise intervention in postpartum women reporting depressive symptomatology.

### **Ethics approval required**

Old ethics approval format

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

Not provided at time of registration

### **Primary study design**

Interventional

### **Study design**

Randomised controlled pilot study

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

Not Specified

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

Pregnancy and Childbirth

### **Interventions**

Pram pushing exercise intervention vs no intervention

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome(s)**

Physical activity and postnatal depression.

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

Not provided at time of registration

### **Completion date**

30/06/2006

## **Eligibility**

### **Key inclusion criteria**

44 postpartum women.

### **Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

Female

**Key exclusion criteria**

1. Inactive
2. Not currently pregnant
3. Baby less than 12 months old
4. No contraindication to exercise
5. No severe psychiatric health concerns

**Date of first enrolment**

01/07/2005

**Date of final enrolment**

30/06/2006

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

United Kingdom

England

**Study participating centre**

The Dept of Primary Care and General Practice

Birmingham

United Kingdom

B15 2TT

**Sponsor information****Organisation**

Record Provided by the NHSTCT Register - 2006 Update - Department of Health

**Funder(s)**

Funder type

Government

**Funder Name**

(MidReC) Midland Research Practices Consortium (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? |
|---------------------------------|---------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a> | results | 01/03/2008   |            | Yes            | No              |