

The More Active MuMs in Stirling Study

Submission date 05/01/2011	Recruitment status No longer recruiting	☐ Prospectively registered ☒ Protocol
Registration date 18/02/2011	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 26/09/2018	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

10/S0501/59

Study information

Scientific Title

Physical activity intervention for postnatal women: a randomised controlled trial

Acronym

MAMMiS

Study objectives

The intervention group will show increased participation in moderate-vigorous physical activity relative to the control group at three and six months follow-up.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Fife and Forth Valley Research Ethics Committee approved on the 16th December 2010

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Public health

Interventions

A motivational and behavioural management intervention consisting of two face-to-face physical activity (PA) consultations delivered at the start and end of a 10-week group pram-walking programme.

The intervention group will receive a motivational and behavioural management intervention consisting of two individual face-to-face physical activity consultations of 30-40 minutes in duration, a 10-week group pram-walking programme and a leaflet describing the benefits of physical activity. Physical activity consultations will be delivered by the Chief Investigator who is a Health Psychologist and trained physical activity counsellor. Consultations will be structured sessions using evidence-based behaviour change techniques to encourage physical activity participation amongst participants. This will include providing participants with feedback on physical activity levels, raising awareness of the benefits of physical activity, goal setting, weekly action planning and self-monitoring of physical activity, prompting environmental change, social support seeking, planning how to overcome barriers to physical activity and relapse prevention. The pram-walking programme will provide one session per week of up to 50 minutes of moderate physical activity in the local community and will be lead by the Chief Investigator who is a trained walk leader.

The control group will receive a leaflet describing the benefits of physical activity.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Physical activity behaviour change measured using accelerometers (Actigraph GT3X), pedometers (Omron Healthcare UK Ltd) and the 7-Day Physical Activity Recall (PAR) interview.

All primary and secondary outcome measures will be taken at baseline, 3 and 6 months from baseline.

Key secondary outcome(s)

1. Psychological well-being
2. Fatigue
3. Cardiovascular fitness
4. Weight
5. Body mass index (BMI)
6. Body composition (e.g. percentage body fat, fat mass and fat-free mass)
7. Theoretical mediators of physical activity behaviour change

Added 24/02/2011: All primary and secondary outcome measures will be taken at baseline, 3 and 6 months from baseline.

Previous measures: All primary and secondary outcome measures will be taken at baseline, 3 and 6 months from baseline with the exception of a self-report questionnaire measuring theoretical mediators of physical activity behaviour change (baseline and 3 months only).

Completion date

30/06/2012

Eligibility

Key inclusion criteria

1. 18 years of age or older
2. Have given birth in the last year
3. Has received 6 - 8 week postnatal check-up with a suitable health professional
4. Insufficiently active (e.g. participates in less than the recommended 30 minutes of moderate intensity physical activity on five days of the week)
5. Able to communicate verbally, and in written format, in English

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

Female

Key exclusion criteria

1. Medical contraindications to physical activity
2. Pregnant or planning to become pregnant in the next 6 months

Date of first enrolment

01/02/2011

Date of final enrolment

30/06/2012

Locations

Countries of recruitment

United Kingdom

Scotland

Study participating centre

University of Stirling

Stirling

United Kingdom

FK9 4LA

Sponsor information

Organisation

University of Stirling (UK)

ROR

<https://ror.org/045wgfr59>

Funder(s)

Funder type

University/education

Funder Name

University of Stirling (UK) - Department of Nursing and Midwifery and Department of Sports Studies

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	01/07/2016		Yes	No
Protocol article	protocol	20/07/2012		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes