

Circuit Weight Training to lower Blood Pressure in Obese individuals with Resistant Hypertension

Submission date

20/05/2006

Recruitment status

Stopped

☐ Prospectively registered

☐ Protocol

Registration date

16/10/2006

Overall study status

Stopped

☐ Statistical analysis plan

☐ Results

Last Edited

13/12/2007

Condition category

Nutritional, Metabolic, Endocrine

☐ Individual participant data

☐ Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Dr Raj Padwal

Contact details

Clinical Pharmacology and Internal Medicine

University of Alberta

2E3.22 Walter C. Mackenzie Health Sciences Center

8440 - 112 Street

Edmonton

Alberta

Canada

T6G 2B7

+1 780 407 8153

rpadwal@ualberta.ca

Additional identifiers

Protocol serial number

RF-06-0419

Study information

Scientific Title

Acronym

CT, ORH & BP

Study objectives

In comparison with the Usual Care group (UC), obese hypertensive individuals undergoing 12 weeks of Circuit Weight Training (CWT), will exhibit greater reductions in blood pressure.

Ethics approval required

Old ethics approval format

Ethics approval(s)

University of Alberta Health Research Ethics Board (HREB) (ref no: 6276).

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Obesity and /or resistant hypertension

Interventions

Circuit Weight Training (CWT) group: Individuals will be prescribed an exercise regimen based on baseline fitness and strength assessments and their exercise blood pressure response. Loads prescribed will be low resistance but high volume (two to three sets of 15 repetitions). Subjects will be asked to train on at least three non-consecutive days of the week and given free membership to local health club facilities for the duration of the intervention (12 weeks). Adherence to CWT intervention will be monitored via electronic attendance records at the health club facilities

Usual Care (UC) Group: Individuals randomly assigned to the usual care group will be asked to continue their current level of activity for the duration of the intervention (12 weeks).

Both groups will receive the same nutritional counselling at the start of the intervention.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Efficacy of prescribing circuit weight training in reducing blood pressure of obese resistant hypertensives

Key secondary outcome(s)

1. Efficacy of circuit weight training in reducing weight
2. Increasing cardio-respiratory endurance
3. Improving glycemic control and lipid profiles
4. Enhancing Health Related Quality of Life (HRQL)

Completion date

01/02/2007

Reason abandoned (if study stopped)

This study has been cancelled due to the private fitness centre pulling out of the trial.

Eligibility

Key inclusion criteria

1. Aged 25 to 70 years
2. Obese (Body Mass Index [BMI] more than 30 kg/m²)
3. Mean 24 hour ambulatory blood pressure of 150/99 mmHg or less (on drug therapy)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

Not Specified

Key exclusion criteria

1. White-coat hypertension
2. Secondary hypertension
3. Unstable cardiovascular disease
4. Not residing in Edmonton or the surrounding area

Date of first enrolment

01/06/2006

Date of final enrolment

01/02/2007

Locations

Countries of recruitment

Canada

Study participating centre
Clinical Pharmacology and Internal Medicine
Alberta
Canada
T6G 2B7

Sponsor information

Organisation
University of Alberta (Canada)

ROR
<https://ror.org/0160cpw27>

Funder(s)

Funder type
Hospital/treatment centre

Funder Name
University of Alberta Hospital Foundation (Canada) (ref: RF-06-0419)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration