

Promotion of a physically active lifestyle among inactive adolescents and young adults by means of an activity monitor and individually tailored advice using internet technology

Submission date 25/05/2005	Recruitment status No longer recruiting	☐ Prospectively registered ☒ Protocol
Registration date 04/07/2005	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 12/04/2012	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
2100.0093

Study information

Scientific Title

Acronym

The PAM study

Study objectives

It is hypothesised that the intervention will result in a difference between the intervention and the control group of 20% in the proportion of subjects that are defined as physically active.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Physical inactivity

Interventions

Participants in the intervention group receive an activity monitor (PAM) and access to the personal COACH website on the Internet for three months. The PAM is an accelerometer worn on the waist continuously displaying the amount of physical activity accumulated per day and per week. Its memory can be downloaded to an expert system on the Internet 'the personal COACH'. The COACH shows the accumulated activity data and interactively formulates activity goals and advice based on the actual activity level and personal characteristics and preferences.

Control intervention: General written physical activity advice.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

All physical activity at work, school, during leisure, sports, and active transportation as assessed by a questionnaire.

Key secondary outcome(s)

Body weight and height, waist, and hip circumference, four skinfolds, aerobic fitness, measured by the 20 m shuttle-run test (adolescents); and the Chester step-test (adults); determinants of physical activity, ie attitude, social influences and self efficacy and barriers according to the ASE-model; Empowerment; Quality of life.

Completion date

30/06/2006

Eligibility

Key inclusion criteria

Inactive adolescent boys and girls aged 12-18 years recruited through high schools and inactive young adults aged 25-35 years recruited through companies.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Other

Sex

All

Key exclusion criteria

Does not match inclusion criteria

Date of first enrolment

01/01/2003

Date of final enrolment

30/06/2006

Locations

Countries of recruitment

Netherlands

Study participating centre

van der Boechorststraat 7

Amsterdam

Netherlands

1081 BT

Sponsor information

Organisation

Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)

ROR

<https://ror.org/01yaj9a77>

Funder(s)

Funder type

Research organisation

Funder Name

Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands),
2100.0093

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	29/07/2009		Yes	No
Results article	results	01/07/2010		Yes	No
Protocol article	protocol	15/12/2005		Yes	No