ISRCTN95746400 https://doi.org/10.1186/ISRCTN95746400

A study to investigate whether provision of a short term, exercise and education programme for adults with acquired brain and spinal cord pathology will lead to an increase in levels of independent activity and self efficacy for exercise behaviours.

Submission date
30/09/2005

Recruitment status
No longer recruiting

Registration date
30/09/2005

Overall study status
Completed

Last Edited
09/09/2009

Condition category
Nervous System Diseases

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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
N0259142786

Study information

Scientific Title

Study objectives
To examine whether undertaking a physiotherapy led exercise and education programme will increase confidence to carry out exercise independently and improve levels of daily activity in those patients with acquired brain and spinal cord pathologies.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Primary study design
Interventional

Study design
Randomised single blind placebo controlled trial

Study type(s)
Other

Health condition(s) or problem(s) studied
Brain diseases

Interventions
The study will be randomised, single blind, placebo controlled experimental trial. Appropriate participants will be subject to random sampling following consent and then assigned to either a treatment group or control group. The intervention to be examined includes a short, exercise and education programme undertaken immediately on discharge from hospital. The development of this programme followed discussions with various in patients receiving rehabilitation following brain and spinal cord injury surrounding their concerns for ongoing exercise and activity when they are at home. Both the treatment and control groups will undertake the standard discharge procedures of follow-up clinic reviews and referral to out patient physiotherapy as appropriate. The treatment group will also receive the intervention. Validation outcome measures will be utilised to measure the effects of the intervention. Following data collection, the information will be subject to statistical analysis and the results reported. A pilot study will be undertaken to review the appropriateness of the chosen methodology.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)

1. Exercise Self Efficacy Measure - Paper containing measure on order from library.
2. Human Activity Profile - Questionnaire on activity levels.

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

Completion date
01/06/2006

Eligibility

Key inclusion criteria
1. Disorder of movement caused by brain or spinal cord pathology.
2. Ability to carry out independent exercise.
3. Physical level which includes independent sitting balance and transfer ability.
4. Able to exercise safely without constant supervision.
5. Age 16-65.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
Does not match inclusion criteria

Date of first enrolment
01/08/2004

Date of final enrolment
01/06/2006

Locations

Countries of recruitment
United Kingdom

England

Study participating centre

The Walton Centre for Neurology and Neurosurgery
Liverpool
United Kingdom
L9 7LJ

Sponsor information

Organisation
Department of Health

Funder(s)

Funder type
Government

Funder Name
The Walton Centre for Neurology and Neurosurgery NHS Trust (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?
Results article	results	01/04/2009		Yes	No