

What questions run through a runner's mind? An observational study

Gepubliceerd: 31-03-2020 Laatste bijgewerkt: 13-12-2022

We expect most questions to be about prevention and emergency care during running events.

Ethische beoordeling	Positief advies
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Observationeel onderzoek, zonder invasieve metingen

Samenvatting

ID

NL-OMON21782

Bron

Nationaal Trial Register

Verkorte titel

MARATHON

Aandoening

Not applicable

Ondersteuning

Primaire sponsor: Erasmus Medical Centre

Overige ondersteuning: Not applicable.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Description of questions of long distance runners about running (a marathon or half marathon). These descriptions will be classified per theme (preparation, the race itself and recovery period) and different domains (nutrition, fluid intake, injury prevention, exercise

associated muscle cramps (EAMC), training etc.).

Toelichting onderzoek

Achtergrond van het onderzoek

Rationale: In the Netherlands there are an estimated 2,4 million recreational runners. Every year, 14.000 runners participate in the Rotterdam Marathon event. We presume that these runners have various medical or other running-related questions regarding their preparation for the race, the race itself and the recovery period. However, we don't know exactly which questions occupy runners.

Objective: The objective of this study is to identifying unanswered (research) questions amongst long distance runners. We intend to use this information to initiate meaningful research on the topics most relevant to long distance runners.

Study design: We will conduct an observational study amongst all participants of the Rotterdam Marathon event in 2019 using an online questionnaire.

Study population: Participants of the Rotterdam Marathon event 2019, aged 18 years or above.

Main study parameters/endpoints: Descriptive information of what questions long distance runners have about running (a marathon or half marathon). Classified on theme (e.g. preparation, the race itself and recovery period) and different domains (e.g. nutrition, fluid intake, injury prevention, training).

Nature and extent of the burden and risks associated with participation, benefit and group relatedness: There is no risk in participating in the study and the burden will be low. It will take 5 minutes to complete the online questionnaire.

Doel van het onderzoek

We expect most questions to be about prevention and emergency care during running events.

Onderzoeksopzet

While filling out the questionnaire

Onderzoeksproduct en/of interventie

Not applicable

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- ≥ 18 years old
- Informed consent given
- Dutch and English language

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Not willing to participate
- No control of Dutch or English language

Onderzoeksopzet

Opzet

Type: Observatieel onderzoek, zonder invasieve metingen
Onderzoeksmodel: Anders

Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	26-08-2019
Aantal proefpersonen:	500
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nee

Ethische beoordeling

Positief advies	
Datum:	31-03-2020
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL8489
Ander register	METC Erasmus MC : MEC-2018-1647

Resultaten