LEARN2MOVE 16-24: Effectiviteit van een leeftijdsspecifieke interventie ter bevordering van mobiliteit-gerelateerde dagelijkse activiteit en fysieke fitheid van jongeren en jongvolwassenen met spastische cerebrale parese.

Gepubliceerd: 29-04-2009 Laatst bijgewerkt: 18-08-2022

We hypothesize that by following the intervention the participants will learn a more active lifestyle.

Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON24046

Bron
Nationaal Trial Register

Verkorte titel
LEARN2MOVE 16-24

Aandoening

Spastic cerebral palsy

Ondersteuning

Primaire sponsor: Erasmus Medical Center, Department of Rehabilitation Medicine
Overige ondersteuning: ZON-MW, The Netherlands Organization for Health Research and Development

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

1. The level of daily activity, measured with an ambulant activity monitor. By use of this monitor the following parameters will be calculated:
A. Duration of dynamic activities;
B. Duration of static activities;
C. Number of transitions;
D. Number of perionds of continuous dynamic activities;
E. Distribution of perionds of continuous dynamic activities;
F. Motility (movement intensity).
2. Physicall fitness which is subdiveded into cardiorespiratory (obtained during progressive cycling or armcranking test and 6 minute walking or wheelchair riding test), neuromuscular (obtained with hand held dynamometry) and metabolic fitness (obtained with heigth, waist circumference, weight, BMI and skinfold test).

Toelichting onderzoek

Achtergrond van het onderzoek

The aim of the research is to evaluate the efficacy and working mechanisms of the "active lifestyle" intervention, which is directed to strategies to prevent low levels of daily activities and poor fitness in adolescents and young adults with cerebral palsy. The intervention consists of different parts with e.g. a physical training program en strategies to achieve a change in lifestyle with respect to the daily activity. This intervention will be evaluated in this longitudinal research by comparing several outcome measures between a group of persons with CP receiving the intervention and a group of persons with CP receiving no intervention (regular at this age). To evaluate the working mechanisms, the focus will be on the relation between mobility related activites, physical fitness and obesity.

In this longitudinal multicenter research an intervention will be evaluated on adolescents with spastic CP. The measurements will take place before, during and direct after finishing the intervention. There will be a follow-up measurement 12 months after the start of the intervention.

The research sample will be randomly divided into two groups. The experimental group will

receive the intervention “Active Lifestyle and Sports participation” and the control group will receive no intervention, which is regular at adolescent age. The research assistants which will perform the measurements are blinded for treatment allocation.

It is possible for the participant allocated to the control group, to start the intervention after finishing the research.

Doel van het onderzoek

We hypothesize that by following the intervention the participants will learn a more active lifestyle.

Onderzoeksopzet

1. 09-2008 / 09-2009: preparation trial;

2. 09-2009/09-2011: inclusion period;

3. 09-2011/09-2012: data analysis & publication.

Onderzoeksproduct en/of interventie

The intervention “Active Lifestyle and Sports Participation” consists of 3 parts:

1. Personal counseling; this part aims to achieve a behavioral change towards a more active lifestyle by means of 6 individual counseling sessions with a personal coach. This part of the intervention is based on the ‘Stages of Change’ concept of the transtheoretical model. This model distinguishes 5 stages and each stages needs a different approach of the personal coach to stimulate a change in behaviour. Duration; 6 months;

2. Fitness training; this part aims to improve the physical fitness of the participants and consists of group training sessions in the centre and home training sessions (both 1 hour / week). The training is directed to improve the aerobic capacity and the muscle force. Group training sessions are under supervision of a physical therapist. Home training sessions will be monitored by heart frequency registration. The duration of this part of the intervention is 3 months. After this period the possibilities will be explored to continue the training in the periphery;

3. Sports Participation; This part of the intervention consists of 2 to 5 counseling sessions with a sports counsellor where the preferences and possibilities of sports activities are discussed. In this way the sports counsellor can create a tailored sports advice. It is also possible to follow several sport specific workshops. The duration of this part of the intervention is variable with a maximum of 6 months. This part of the intervention is optional.

An individual approach is applied during all parts of the intervention (tailored treatment).

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Spastic CP;

2. Adolescents and young adults (16 - 24 years);

3. Gross Motor Function Classification System (GMFCS); level I - IV.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Other disorders that may interfere with the measurements;

2. Contra-indication for (maximal) exercise;

3. Not able to understand the purpose of the research due to insufficient knowledge of the dutch language or cognitive or any other disorders;

4. High baseline level regarding physical activity.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-09-2009
Aantal proefpersonen:	60
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	29-04-2009
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	NL1684
NTR-old	NTR1785
Ander register	MEC ErasmusMC / CCMO : 2009-079 / NL25102.078.09
ISRCTN	ISRCTN wordt niet meer aangevraagd

Resultaten

Samenvatting resultaten
N/A