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primary studies - published RCT

## Validity of a modified shuttle test in adult cystic fibrosis.

**Code:** PM10212110

**Year:** 1999

**Date:** 1999

**Author:** Bradley J

### Study design (if review, criteria of inclusion for studies)

randomised balanced design.

### Participants

20 adult patients with stable cystic fibrosis

### Interventions

ramped maximal treadmill test (STEEP protocol) and the MST

### Outcome measures

comparing performance on the MST with peak oxygen consumption (VO<sub>2</sub>peak)

### Main results

The relationship between the distance achieved on the MST and VO<sub>2</sub>peak was strong ( $r = 0.95$ ,  $p$

### Authors' conclusions

This study provides evidence of the construct validity of the MST as an objective measure of exercise capacity in adults with cystic fibrosis.

<http://dx.doi.org/10.1136/thx.54.5.437>

### See also

Thorax. 1999 May;54(5):437-9.

### Keywords

Adult; exercise; non pharmacological intervention - devices OR physiotherapy; shuttle; non pharmacological intervention - diagn;