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 (VO2peak)

Main results

The relationship between the distance achieved on the MST and VO2peak 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;