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primary studies - published RCT

## Physical Activity Counseling for Children With Cystic Fibrosis.

**Code:** PM28830927

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

Randomized control feasibility trial

### Participants

Children between 8 and 18 y recruited from the pediatric respirology clinic at the Children's Hospital of Winnipeg

### Interventions

Participants were randomized to the intervention (n = 7) or control group (n = 6). Intervention group participants engaged in 4 counseling sessions to examine the acceptability and feasibility of physical activity counseling in the care of children with CF.

### Outcome measures

The primary outcome was study feasibility, as measured by recruitment, retention, adherence, acceptability, and the frequency of adverse events. Secondary outcomes included physical activity and quality of life, as measured by accelerometry and the Pediatric Quality of Life Inventory.

### Main results

Thirteen subjects completed the study. No adverse events were found in this trial. The intervention was found to be feasible and acceptable with good recruitment, retention, adherence, and acceptability. Positive trends were also reported in terms of increases in physical activity, reductions in time spent being sedentary, and improvements in most dimensions of quality of life pre- to post-intervention.

### Authors' conclusions

The findings suggest that counseling is feasible for the CF community. An appropriately powered randomized controlled trial is required in the future to investigate the utility of counseling as a means to enhance quality of life and physical activity behavior.

<http://dx.doi.org/10.4187/respcare.05009>

### See also

Respir Care. 2017 Aug 22. pii: respcare.05009. doi: 10.4187/respcare.05009.

### Keywords

Exercise; non pharmacological intervention - devices OR physiotherapy; Counseling; Psychoeducation; non pharmacological intervention - psyco-soc-edu-org; training;