

Intellectual Disabilities Lifestyle and Wellbeing Research Projects

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A randomised controlled trial of a walking intervention for adults with intellectual disabilities.

Lead by Dr Craig Melville in collaboration with Professor Nanette Murie, University of Edinburgh and Professor Kirsten Stalker, University of Strathclyde.

http://www.gla.ac.uk/media/media_297032_en.pdf



A randomised controlled trial of a weight management intervention for adults with learning disabilities and obesity.

Lead by Dr Craig Melville and Dr Catherine Hankey, University of Glasgow.

http://www.gla.ac.uk/media/media_311363_en.pdf



A multi-component physical activity intervention for children with intellectual disabilities, lead by Dr Craig Melville and Mrs Victoria Penpraze, University of Glasgow.

http://www.gla.ac.uk/media/media_297171_en.pdf

Moving on and Feeling Good Study - project to see what effect that leaving school has on the diet, physical activity and weight of young people with intellectual disabilities, lead by Dr Fiona Mitchell, University of Glasgow. *(Please see next page for more information).....*

Moving On and Feeling Good study

The transition from adolescence into adulthood is a 'high risk' period for weight gain in the general population. There is speculation that this may also be a risk period for adults with learning disabilities, however, there has been no research which has monitored change in health indicators. Previous research suggests that adults with learning disabilities have higher rates of obesity and lead more sedentary and less physically active lifestyles than the general population. Therefore, it is important to understand more about the lifestyle behaviours (physical activity and diet) of this population during the transition to adulthood.

We will invite young people in their final year of school to take part in this feasibility study. We will assess if it is possible to measure physical activity levels and dietary patterns over a 12 month transition period and explore why such changes may exist. We are also interested in finding out more about the choices that young people with learning disabilities make in relation to lifestyle behaviour and the influences that affect these choices. This is a mixed method study which includes objective measure of physical activity, anthropometric measures, questionnaires and interviews.

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