Walk well: a randomised controlled trial of a walking intervention for adults with intellectual disabilities.

Adults with intellectual disabilities can lead sedentary lifestyles. Walking is the type of physical activity that adults with intellectual disabilities do most often. However, few adults with intellectual disabilities do enough walking to have a positive effect on their health. This study will look at whether a physical activity intervention supports adults with intellectual disabilities to walk more and improves health and wellbeing. Individuals who participate in the study will be randomly allocated to one of two groups. One group will take part in the physical activity intervention right away. The other group will be a waiting list control group. This allows us to look at the specific effects that the intervention has, on top of any effects of taking part in a research study. Participants will be involved in the study for approximately six months. The physical activity intervention lasts about three months. Participants and carers will be invited to meet with a walking advisor and follow a 12 week, structured walking program. We will follow up participants three months after the end of the intervention to see if any changes they made to their walking and health have been maintained.

Research group:
Dr Craig Melville, University of Glasgow, Institute of Health and Wellbeing, Craig.Melville@glasgow.ac.uk
Dr Fiona Mitchell, University of Glasgow, Institute of Health and Wellbeing, Fiona.Mitchell@glasgow.ac.uk
Professor Kirsten Stalker, University of Strathclyde, Glasgow School of Social Work, Kirsten.Stalker@strath.ac.uk
Dr Lynsay Matthews, University of Strathclyde, Physical Activity for Health Research Group, School of Psychological Sciences and Health, Lynsay.Mathew@strath.ac.uk
Dr Alex McConnachie, University of Glasgow, Institute of Health and Wellbeing, Alex.Mcconnachie@glasgow.ac.uk
Robertson Centre for Biostatistics, Heather.Murray@glasgow.ac.uk
Dr Andrew Walker, University of Glasgow, Robertson Centre for Biostatistics, Andrew.Walker@glasgow.ac.uk
Professor Nanette Mutrie, University of Edinburgh, Institute for Sport, Physical Education and Health Sciences, Moray House School of Education, Nanette.Mutrie@ed.ac.uk

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