

ManUp Gladstone Project: an Internet and Mobile Phone Delivered Physical Activity and Nutrition Intervention.

ACTRN12611000081910

Status	RECRUITING
Sponsor	CQUniversity Australia
Enrollment	504 participants

Plain Language Summary

ManUp is a health program designed specifically for men in the Gladstone region of Australia. It uses the internet and mobile phones to help men eat better and be more physically active. Participants in the study get personalized guidance and support delivered through a website, and researchers will track whether this approach leads to real changes in health behaviors compared to not receiving the program.

You may be eligible if:

- You are male
- You are between 35 and 54 years old
- You own a mobile phone
- You have regular access to the internet
- You do not have a medical condition that prevents you from being physically active
- You are assessed as low or moderate risk for exercise-related complications (or high risk but have medical approval to exercise)

You may NOT be eligible if:

- You are female
- You are younger than 35 or older than 54
- You do not own a mobile phone
- You do not have regular internet access
- You have a health condition that makes exercise unsafe

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (8)

- Participants will be screened by a member of the research team either in person, phone conversation or electronic communication and meet the following criteria to be included in the study.
- Male
- Aged 35-54 years
- Own a mobile phone
- Have regular access to the internet
- ... and 3 more (see full listing online)

Exclusion (5)

- Female
- Outside of 35-54 year age bracket
- Without a mobile phone

- Without regular access to the internet

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12611000081910>

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- Have a condition where physical activity is contraindicated

Locations (1 total)

Australia