

Fit4Two - Usability and initial efficacy testing of a website-delivered behaviour change intervention designed to promote physical activity among pregnant women.

ACTRN12614001105639

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| Status | RECRUITING |
| Sponsor | Central Queensland Medicare Local |
| Enrollment | 64 participants |

Plain Language Summary

This study is testing a website called Fit4Two that is designed to encourage pregnant women to be more physically active. Staying active during pregnancy is safe and beneficial for both mother and baby, but many women reduce their activity levels when pregnant. Participants will be randomly assigned to either receive personalised exercise advice through the website or continue with their usual care. Physical activity will be tracked using a wristband device.

You may be eligible if:

- You are currently pregnant
- You are 18 years or older
- You are between 10 and 20 weeks pregnant
- You are in good health with no medical conditions that prevent exercise, or you have medical clearance to exercise
- You can read and write in English

You may NOT be eligible if:

- You are not currently pregnant
- You are less than 18 years old
- You are less than 10 weeks or more than 20 weeks pregnant
- You have a medical condition that prevents exercise, without medical clearance

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

Key Eligibility Criteria

Inclusion (6)

- Eligibility Criteria:
 - must be currently pregnant
 - must be 18+ years of age
 - must be able to read and write in english
 - must be between 10-20 weeks gestation
- ... and 1 more (see full listing online)

Exclusion (5)

- not currently pregnant
- not 18+ years of age
- not able to read and write in english
- not between 10-20 weeks gestation
- not considered healthy and free of pregnancy contraindications, or have medical approval to participate

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12614001105639>

Locations (1 total)

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QLD, Australia

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