

Assessing effectiveness of Weight loss and Exercise programs for older adults with Sarcopenic Obesity delivered via Mobile application/s

ACTRN12621000236897

Status	RECRUITING
Sponsor	Deakin University
Enrollment	116 participants

Plain Language Summary

Sarcopenic obesity is when a person has both low muscle mass or strength and excess body fat — a combination that becomes increasingly common with age and significantly raises the risk of falls, fractures, and loss of independence. This study, called AWESOME, is testing whether a home-based exercise program using a mobile app can improve muscle strength, bone quality, physical function, and metabolic health in older adults with this condition.

Participants aged 60 to 89 will be randomly assigned to either a functional impact training program (including resistance exercises and some impact activities) or a home-based aerobic exercise program. Both groups will also follow a dietary weight-loss program over 24 weeks. The exercise programs are delivered through a smartphone app called Physitrack.

To be eligible, you need to be aged 60–89, have a BMI of 30 or above, score 2 or more on a muscle screening questionnaire (SARC-F), be able to walk unaided, and own a smartphone with internet access. If you have recently had a joint replacement, are on a weight-loss medication, or have a serious heart or lung condition, you may not qualify. This study offers an accessible, technology-supported way to tackle a common but under-recognised health problem in older Australians.

Key Eligibility Criteria

Inclusion (1)

- Prospective participants must be aged 60-89 years; English-speaking; have a body mass index greater than or equal to 30 kg/m², score 2 greater than or equal to on the SARC-F questionnaire, able to walk across a room unaided; with access to a smartphone connected to an internet network; willing to complete a 24-week weight loss intervention and also be willing to participate should they be randomised to either intervention arm.

Exclusion (1)

- Participants are ineligible if they currently reside in a nursing home; are unable to walk across a room are non-English speaking or have difficulty communicating with study personnel due to speech or hearing problems; report less than or equal to 4 weeks self-reported participation in a supervised exercise or dietary program targeted at weight loss or strength gains in the past six months; taking any medication or supplements that facilitate weight loss; are planning to be away from home for less than or equal to 4 weeks during the intervention; and self-reported diagnosis of: progressive neurological disorders including Parkinson's Disease and multiple sclerosis; schizophrenia or bipolar disorder; severe knee or hip osteoarthritis (awaiting or have had a joint replacement) that would interfere with ability to complete functional exercise and tests; cardiovascular disease (including NYHA Class III or IV congestive heart failure, clinically significant valvular disease, history of cardiac arrest, presence of an implantable cardiac defibrillator, or uncontrolled angina); lung disease requiring regular use of corticosteroids or supplemental oxygen; renal disease requiring dialysis; hyper- or hypothyroidism that would interfere with the weight loss program; and any other disorder of such severity that life expectancy is less than 12 months. or any cognitive or physical impairment or disability that in the opinion of the participant's GP/specialist and/or study investigators would result in the participant having difficulty interacting with the Physitrack application or performing unsupervised exercise safely. Finally, participants must answer 'no' to all six questions on the Exercise and Sports Science Australia (ESSA) pre-exercise screening tool to ensure that it is safe for them to exercise at moderate exertion. This is a validated and recommended pre-exercise screening tool endorsed by Australia's peak exercise body (ESSA).

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12621000236897>

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Locations (1 total)

Monash Medical Centre - Clayton campus - Clayton, VIC, Australia

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