

The eHealth Integrated Maternal Physical Activity Programme in Prenatal Care Trial (E-IMPACT)

NCT07466797

Status	RECRUITING
Phase	Not Applicable
Sponsor	KK Women's and Children's Hospital
Enrollment	100 participants

Key Eligibility Criteria

Inclusion (5)

- Pregnant women (First trimester at least 4 weeks gestation)
- Age 21 years and above
- BMI 23 kg/m² and above
- Physically fit to participate in moderate intensity exercise
- Singleton pregnancy

Exclusion (4)

- Women who have severe chronic disease such as chronic kidney disease, hypertension, asthma OR
- Obstetric or medical complications which might preclude women in normal levels of physical activity or exercise during pregnancy.
- Women who participated in other weight management programmes, or physical activity intervention studies recently (past 6 months) or concurrently
- Difficulty in understanding the English language

Locations (1 total)

KK Women's and Children's Hospital, Singapore, Singapore