



## Trial Description

### Title

**Goal orientation for outpatients as motivational basis to improve the treatment success in physiotherapy. A controlled clinical trial**

### Trial Acronym

[---]\*

### URL of the trial

[---]\*

### Brief Summary in Lay Language

**Goal orientation is regarded as a motivating factor, that enables influencing the degree of motivation. The aim of this study is to determine whether therapy motivation and consequently the treatment outcome can be improved by a jointly planned goal orientation between patients and their therapeutic caregivers. Therefore two groups of outpatients with disorders of the musculoskeletal system will be treated with physiotherapy and compared. One group receives the usual treatment. The patients of the second group receive additionally a controlled target planning and are checked for improvements regularly.**

### Brief Summary in Scientific Language

**Background:** Goal orientation of patients is considered as an important factor to support motivation for therapy in outpatient physiotherapy. However, evidence regarding the efficacy of this factor shows an uncertain data situation. Moreover, so far it is not obvious how it can be implemented in the daily physiotherapy practice.

**Goal:** Aim of the controlled trial is to determine whether a common goal setting and agreement between patients and their responsible therapists inclusive regular monitoring, improves the motivation for therapy, and consequently, the treatment outcome.

**Method:** In a clinical controlled trial two groups of patients with musculoskeletal disorders on the lower limb are compared. While the control group gets the usual standard treatment, the intervention group receives an additional goal-orientation. This will be controlled by the therapist and formulated by the SMART principle. Outcome parameters are the Stair Climb Power Test, pain relief and improvement in joint mobility. In addition the scores in the goal attainment scale, patient satisfaction and the portion of failed treatment appointments are compared

## Organizational Data

- DRKS-ID: **DRKS00005224**
- Date of Registration in DRKS: **2014/01/03**



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- Date of Registration in Partner Registry or other Primary Registry: [---]\*
- Investigator Sponsored/Initiated Trial (IST/IIT): **yes**
- Ethics Approval/Approval of the Ethics Committee: **Approved**
- (leading) Ethics Committee Nr.: **2013-97 , Ethikkommission der Medizinischen Fakultät der Martin-Luther-Universität Halle Wittenberg**

## Secondary IDs

## Health condition or Problem studied

- Free text: **musculoskeletal disorder**

## Interventions/Observational Groups

- Arm 1: **standard physiotherapy without goal planning initiated by the responsible physiotherapist**
- Arm 2: **Additional to treatment the patients receive a goal planning, which is initiated by the responsible physiotherapist and is monitored by control measurements regularly**

## Characteristics

- Study Type: **Interventional**
- Study Type Non-Interventional: [---]\*
- Allocation: **Non-randomized controlled trial**
- Blinding: [---]\*
- Who is blinded: **patient/subject**
- Control: **Active control (effective treatment of control group)**
- Purpose: **Treatment**
- Assignment: **Parallel**
- Phase: **N/A**
- Off-label use (Zulassungsüberschreitende Anwendung eines Arzneimittels): **N/A**

### Primary Outcome

**Improvement of performance capability at the Stair Climb Power Test. First measurement is at the first appointment for treatment, second measurement is the last appointment for treatment.**

### Secondary Outcome

**Improvement of joint mobility based on the comparison of entry and exit value using the goniometer,  
Pain relief based on the comparison of entry and exit value using the Visual Analogue Scale (VAS),  
Level of target achievement based on Goal Attainment Scale (GAS) subsequent to the last treatment appointment,  
Proportion of perceived treatment appointments,  
Patient satisfaction using the modified Munich questionnaire on patient contentment (MFBP-18)**

### Countries of recruitment

- DE **Germany**

### Locations of Recruitment

- other **Physioplanet: Praxis für Physiotherapie, Landshut**
- other **Physio world: Praxis für Physiotherapie, Landshut**

### Recruitment

- Planned/Actual: **Actual**
- (Anticipated or Actual) Date of First Enrollment: **2014/01/01**
- Target Sample Size: **128**
- Monocenter/Multicenter trial: **Multicenter trial**
- National/International: **National**

### Inclusion Criteria

- Gender: **Both, male and female**
- Minimum Age: **18 Years**
- Maximum Age: **no maximum age**

### Additional Inclusion Criteria

**The study population consists of adult men and women. Patients will be recruited,**

**who receive a medical prescription for an outpatient physical therapy due to a musculoskeletal problem of the lower extremity. Another inclusion criterion is the type of functional problem. It should be either a restricted joint mobility and/or pain related.**

### Exclusion criteria

**Self-paying patients are not included, since a high motivation can be assumed in this patient group, which would falsify the results**

### Addresses

#### ■ Primary Sponsor

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## Sources of Monetary or Material Support

### ■ Institutional budget, no external funding (budget of sponsor/PI)

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## Status

■ Recruitment Status: **Recruiting complete, follow-up complete**

■ Study Closing (LPLV): **2015/06/10**

## Trial Publications, Results and other documents

\* This entry means the parameter is not applicable or has not been set.

\*\*\* This entry means that data is not displayed due to insufficient data privacy clearing.