

# inMotion

## Exercise Research Study

People with  
Multiple Sclerosis  
or Spinal Cord  
Injury who are  
feeling down



Contact us:  
(206) 221-5641  
1 (866) 928-2114

Email  
[agerrtc@uw.edu](mailto:agerrtc@uw.edu)

Charles Bombardier, PhD  
Principal Investigator  
Dept. of Rehabilitation  
Medicine

This study compares two approaches to helping people become more physically active. The study is carried out entirely by telephone. There is no need to travel and participants may reside anywhere within the United States. We will examine the effects of the intervention on overall physical activity, mood, pain, fatigue and general health.

### You may be eligible for the study if:

- You are at least 45 years old.
- You spend less than 2 ½ hours per week in moderate physical activity.
- During the past two weeks you have felt either: Down depressed or hopeless OR you have little interest or pleasure in doing things you normally enjoy.

The trial will last about 6 months. Participants are randomly assigned (like a flip of a coin) to one of two treatments. In Treatment A, participants receive 7-9 telephone calls over 12 weeks to help them become more physically active. In Treatment B, participants receive a free exercise DVD and one telephone call to help them become more physically active.

- All participants receive survey calls before the trial begins and at 6, 12 and 24 weeks to collect data on physical and emotional information.
- There will also be counselor assessments before the trial, 6, 12, and 24 weeks.
- All participants wear a watch-sized activity monitor for one-week periods before the trial, at 12 weeks, and 24 weeks.

Participants may receive up to \$120 to take part in the study.