

The Neo-ACT trial

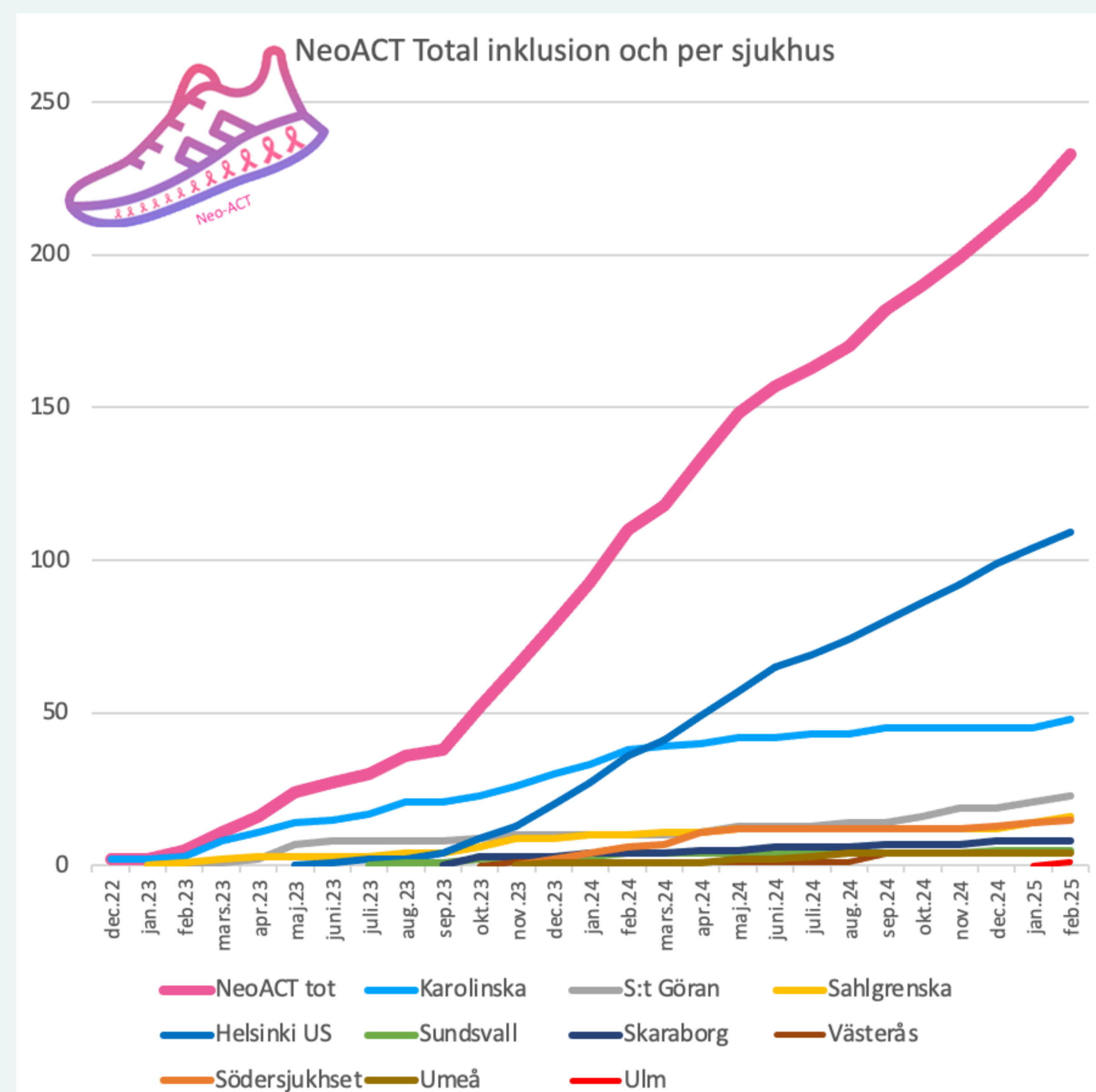
Newsletter, March 2025

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Inclusion is continuing at a steady pace.

We have now included 240 participants with Helsinki University hospital being the top recruiting site with 112 randomised participants!



Vitala app updated

The Vitala app has now been updated with a new structure with defined resistance and high-intensity interval training (HIIT) blocks.

Updates exercise intervention

Online live training sessions have started in Sweden and will soon also start in all other countries.

Pre-recorded training sessions are available on YouTube in Swedish and translations to all other languages are currently being finalised.

Information about the updated intervention has been sent out.

Recurrent study meetings.

We have launched recurrent Neo-ACT study meetings for Sweden, Finland and Germany, Thursdays, at 12.10 in Sweden and Germany and 11.10 in Finland, every 4 weeks starting March 27. The time and format will be evaluated until end of June. Please share your feedback.

International expansion

We welcome Germany with Bochum, Bottrop, Cottbus, Lübeck and Ulm to Neo-ACT. Ulm has already included their first participant in the study, Congratulations!

Australia is starting their three Melbourne sites 24 of March. Finland is starting their second site, Turku 27 of March. We are really looking forward to welcoming them to Neo-ACT.

Hopefully, we can soon also welcome sites in Scotland, and the UK.

New team member

Please welcome Lea Stark, our newest member of the Neo-ACT team. Lea has an educational background as nurse, health economy and public health science.

Her current role as PhD student within Neo-ACT includes administration, data collection, and data analysis.



Homepage

For any purposes and needs, please visit our trial homepage.

<https://ki.se/en/meb/the-neo-act-trial>

Contact

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Kind regards, The Neo-ACT Team