

## **Overzicht promotie trajecten AIOSKO's in Revalidatie Nederland**

### **Beschrijving promotietraject van**

Nicole Voet

### **Titel**

Effect of aerobic exercise training and cognitive behavioural therapy on reduction of chronic fatigue in patients with facioscapulohumeral dystrophy.

### **Onderzoeksdesign**

A multi-centre, assessor-blinded, randomized controlled trial.

### **Onderzoekers**

Nicole Voet (revalidatiearts i.o. UMCN/ Groot Klimmendaal)

### **Promotores**

UMCN - Afdeling Revalidatie: Prof. dr. A.C.H. Geurts

UMCN - Afdeling Neurologie: Prof. dr. B.G.M. van Engelen

### **Summary**

In facioscapulohumeral dystrophy (FSHD) muscle function is impaired and declines over time. Currently there is no effective treatment available to slow down this decline. We have previously reported that loss of muscle strength contributes to chronic fatigue through a decreased level of physical activity, while fatigue and physical inactivity both determine loss of societal participation. To decrease chronic fatigue, two distinctly different therapeutic approaches can be proposed: aerobic exercise training (AET) to improve physical capacity and cognitive behavioural therapy (CBT) to stimulate an active life-style yet avoiding excessive physical strain. The primary aim of the FACTS-2-FSHD (acronym for Fitness And Cognitive behavioural TherapieS / for Fatigue and ACTivitieS in FSHD) trial is to study the effect of AET and CBT on the reduction of chronic fatigue as assessed with the Checklist Individual Strength subscale fatigue (CIS-fatigue) in patients with FSHD. Additionally, possible working mechanisms and the effects on various secondary outcome measures at all levels of the International Classification of Functioning, Disability and Health (ICF) are evaluated.