



CHAPTER VI

CONCLUSION

1. Conclusion

This is the first study to compare the effect of time of day between daily activities and treadmill running on the VSC response using a randomized controlled trial. The effect of time of day did not affect the magnitude of the VSC response in both daily activities and treadmill running groups. Furthermore, the VSC response between daily activities and treadmill running was not significantly different. Therefore, the people who are similar to the subjects in the current study can choose any time of day between the morning and the afternoon for running on the treadmill following the protocol in this study. Our study reflects that the effect of time of day on the VSC response may not require to be strictly controlled in asymptomatic subjects, aged between 20-39 years. Additionally, the height loss measuring stadiometer used in the current study is acceptable to be a high reliability device to measure the magnitude of the VSC response.

2. Strengths of the current study

There are a few strengths in the current study. Firstly, the current study used a stratified randomized allocation (gender) for random allocation of all subjects into each group. Secondly, all of the outcome measures used in the current study showed a high degree of reliability. Thirdly, the current study controlled other variables that might affect the VSC response, namely, age, gender and BMI. Finally, the current study is the first study using a randomized controlled trial design in the VSC response research.

3. Limitations of the current study

The results of the current study can be applied only in the subjects in this study, but cannot be applied in the different age group, or a different speed of running. Further studies should investigate the VSC response in the different age group, or different speed of running.