

Strengthening parenting styles and practices in existing interventions to prevent overweight and obesity in children.

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON21293

Source

NTR

Brief title

ELVO Study

Health condition

Promoting healthy eating and psysical activity, parenting, preventing overweight children

Sponsors and support

Primary sponsor: Academische collaborative centre AMPHI, UMC St Radboud in collaboration with the Consortium Integrated Approach of Overweight (CIAO).

Source(s) of monetary or material Support: ZonMW

Intervention

Outcome measures

Primary outcome

Changing eating and exercise behaviour in children

The differences (between the intervention group and the control group) in changes in eating and physical activity behaviour of children between baseline and t=1 and t=2. This eating and physical activity behaviour is measured by questionnaires filled out by children and their parents. The questions are:

1. How many days a week do you eat breakfast?
2. How many days a week do you eat fruits?
3. How many days a week do you eat vegetables?
4. How many sweet beverages do you drink a day (on average)?
5. How many minutes do you watch tv a day (on average)?
6. How many minutes do you spend behind the computer a day (on average)?
7. How many minutes do you play outside a day (on average)?

Secondary outcome

1. Authoritative parentingstyle (general parenting);
2. Parenting practices measured by: to set rules, modelling and monitoring of healthy eating and physical (in)activity;
3. Parental selfefficacy.

Study description

Background summary

The purpose of this cluster randomized study is to investigate whether the eating and exercise behaviors of children between 9 and 12 years at the school participate in the intervention 'Scoring for health' is healthier if the parents of these children home an E-learning follow, compared with children whose parents only receive a leaflet about healthy eating and exercise.

In the E-learning we teach parents how they can encourage their child to eat healthier and exercise and solving conflicts about these topics by using parenting skills and practices.

Study objective

After completion of the E-learning by parents:

1. Eating and physical activity behaviour of children of these parents are healthier than children of parents in the control group. With healthier eating and exercise habits we mean:
 - A. The children meet breakfast, fruit and vegetable standards;
 - B. The kids drink 2 or less sweet drinks per day;
 - C. The children meet the standard move;
 - D. The kids computer and / or watch less than 2 hours of TV per day.
2. The mentioned effects in hypothesis 1, we see both after completion of 'Scoring for health' as 1 year after baseline.

After completion of the E-learning:

3. Parents use more often an authoritative parenting style than parents in the control group;
4. parents have more rules about healthy eating and exercise;
5. parents give better example to their children towards healthy eating and physical;
6. parents monitor better eating and exercise behavior of their child;
7. Parents have higher self-efficacy around encouraging their child to eat healthy and enough exercise.

Study design

1. Baseline measurements January – March 2013;
2. End of the intervention June 2013;
3. 6 Months after the intervention: January 2014.

Intervention

Intervention group:

Parents who receive a folder and an E-learning module about how to stimulate their child to eat healthy and have enough physical activity and less inactivity using parenting skills.

Controlgroup:

Parents who receive only a folder about healthy eating and physical activity for children.

Contacts

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Eligibility criteria

Inclusion criteria

Parents of children from group 6, 7 and 8 from schools, who participate in the already existing programme 'Scoring for health' in the region Druten and West Maas and Waal in the Netherlands. The inclusion criteria for the children are that their parents participate in our research.

Exclusion criteria

Insufficient understanding of the Dutch language.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	14-01-2013
Enrollment:	322
Type:	Anticipated

Ethics review

Positive opinion	
Date:	07-04-2013
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register ID

NTR-new NL3752

NTR-old NTR3938

Other ZonMw / CMO Nijmegen / CCMO : 200100001 / R2012/495 / 4280309112;

ISRCTN ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

N/A