Promoting physical activity among youth: strategic places in the classroom

No registrations found.

Ethical review	Not applicable
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON23116

Source
Nationaal Trial Register

Brief title
NA

Health condition

Physical activity, MVPA, youth, teens, children, adolescents, influence agents, social network intervention.

Fysieke activiteit, MVPA, jongeren, tieners, kinderen, adolescenten, invloedrijke leerlingen, sociale netwerk analyse

Sponsors and support

Primary sponsor: Behavioural Science Institute, Radboud University
Source(s) of monetary or material Support: European Research Council

Intervention

Outcome measures

Primary outcome

Physical activity (steps per day and minutes MVPA per day), measured by accelerometer

(fitbit flex)

Secondary outcome

Motivation to be physically active

Athletic competence

Impression management tactics

attitude towards physical activity

physical activity self efficacy

physical activity intentions

media use

media habits

Study description

Background summary

This study aims to increase physical activity through real-life social network intervention among youth between 12 and 15 years old. The research uses smartphones to set out questionnaires and the intervention itself. Physical activity is measured by accelerometer (Fitbit flex). In the intervention groups, influence agents are assigned based on peer nomination. The influence agents will have the task to promote physical activity among their classmates. Therefore the influence agents receive information on the research phone and strategies how they can promote physical activity among their classmates. Influence agents will be based on three different selection criteria (the three different intervention groups): degree centrality, betweenness centrality and closeness centrality.

Study objective

Hypothesis 1: a social network intervention is more effective in increasing physical activity in youngsters compared to a control condition.

Study design

the intervention will exist out of two weeks. The first week (mid November) is the baseline measure. Participants will wear the accelerometer for seven consecutive days. After a month, participants will wear the accelerometer again for seven consecutive days (the intervention

week; mid December).

Intervention

The social network intervention will make use of the social network by selecting influence agents based on peer nominations. Participants will rate classmates on friendship, communication about physical activity, impression management, and with whom they spend time. Based on these nominations, a social network will be modeled. Classrooms will be randomly assigned to one out of three intervention conditions or the control condition. In the intervention conditions the groups will exist out of influence agents who are based on: (1) degree centrality, (2) betweenness centrality, or (3) closeness centrality. The influence agents will be approached and trained via the research application. They will receive useful information about physical activity as well as strategies to induce physical activity in others. The control condition will have no influence agents. Therefore, no participants in the control condition will receive information nor strategies.

Contacts

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Eligibility criteria

Inclusion criteria

Youngsters who attend secondary schools between the ages 11 and 15.

Exclusion criteria

Youngsters who are in a classroom with a participation rate lower than 80%. This is the threshold for the statistical analyses that will be performed (Rsiena social network modeling)

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	01-11-2016
Enrollment:	200
Type:	Anticipated

Ethics review

Not applicable

Application type:	Not applicable

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	NL6042
NTR-old	NTR6173
Other	European Research Council : 617253

Study results

Summary results
Not yet published.