

MyMovez: Intervention promoting young adolescents' water consumption using their social networks

No registrations found.

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

Summary

ID

NL-OMON23512

Source

Nationaal Trial Register

Health condition

Overweight; obesity

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

water consumption

Secondary outcome

sugar-sweetened beverage consumption

Study description

Background summary

This study investigates the effectiveness of an improved social network intervention promoting water consumption among young adolescents. Participants will be randomly assigned to either the social network condition, mass media intervention condition or control condition (no intervention). The social network condition consists identifying influence agents and train them to promote water drinking among their peers. In the mass media intervention condition focusing on water intake, a researcher will give a presentation in the classrooms about the benefits of drinking water. In addition, we will spread the videos and pictures about the benefits of drinking water. Smartphones will be used to send the participants questionnaires to measure their consumption behavior and social network. The smartphone will also be used to measure their exposure to the pictures and videos about the behavior.

Study design

Consumption behavior will be measured at baseline (feb-april) pre- (april-june) and post-intervention (may-july)

Intervention

In the social network-based intervention condition focusing on water intake, peer nomination questions will be used to identify the most influential classmates at baseline. These participants will be trained as influence agents to promote water consumption within their social networks. The training of the influence agents is based on Self-Determination and Self-Persuasion Theory. The aim of the training is to provide the influence agents the knowledge (i.e., benefits of the behaviour) and skills to promote water consumption within their social networks. They can promote the behaviour through modelling, messaging, and through self-developed and selected videos and pictures about the benefits of drinking water.

In the mass media intervention condition focusing on water intake, a researcher will give a presentation in the classrooms about the benefits of drinking water. In addition, we will spread the videos and pictures about the benefits of drinking water as in the social network-based condition

Contacts

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Eligibility criteria

Inclusion criteria

Young adolescents between the ages of 9 and 16 years old and attending normal education

Exclusion criteria

Ages that do not correspond with our inclusion age range and participants attending special education

Study design

Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Randomized controlled trial

Control: Active

Recruitment

NL	
Recruitment status:	Pending

Start date (anticipated):	12-02-2018
Enrollment:	750
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	NL6905
NTR-old	NTR7100
Other	European Research Council : 617253

Study results