

FitSupport; leefstijlverbetering bij supporters

No registrations found.

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

Summary

ID

NL-OMON25367

Source

NTR

Brief title

FitSupport

Health condition

Lifestyle, prevention, cognition, gaming, ehealth, health, soccer clubs, implementation

Sponsors and support

Primary sponsor: Radboud University Medical Center Nijmegen

Source(s) of monetary or material Support: ZonMw; Nationaal Preventie Programma

Intervention

Outcome measures

Primary outcome

1. How many people did we reach?
2. How many became participants?
3. How long did they remain participants?

4. Qualitative rating of the intervention by participants

Secondary outcome

1. Lifestyle change as measured with self-reported, validated questionnaires
2. Cognition, as measured with the BrainAgingMonitor Cognitive Assessment Battery

Study description

Background summary

Rationale:

Lifestyle improvement has proven very effective in English and Scottish Premier League soccer club initiatives to target hard-to-reach populations.

Objective:

Implement a lifestyle eHealth intervention amongst the supporters of three Dutch professional soccer teams. Recruiting 3000 participants into the intervention program, half of them using a non-gamified intervention and the other half using a gamified intervention.

Intervention:

The FitSupport is a six months online, individually tailored lifestyle intervention. Aiming for six pillars of lifestyle change for which the literature suggests that these effect cognitive functioning. These pillars are physical activity, nutrition, smoking, alcohol consumption, sleep, and stress. In order to measure cognitive functioning online we developed a new online self monitor for cognitive functioning called the Brain Aging Monitor Cognitive Assessment Battery (BAM-COG), which has been validated in a healthy aging population. FitSupport first screens and compares current lifestyle to references that have been published by governmental institutions for public health in terms of physical activity norms, healthy diets, smoking recommendations, alcohol consumption, sleep patterns, and stress coping. After which FitSupport will measure cognition with the BAM-COG. Based on these measurements participants will set personally relevant behaviour change goals using Goal Attainment Scaling. Once the goals have been set the participant will be provided with several tool and tips on how to accomplish their goals and provided with a program they can

follow to accomplish their goals. Participants are able to set their own reminder system on how frequently they want to be reminded about taking part in the program. To monitor progress a visually attractive way of presenting progress is used. The site is updated with the latest scientific information and breakthroughs on the subject of brain research, healthy living, and the psychology of behavior change. Furthermore, there are and messages by the fysiotherapists, coaches and players of the different soccer clubs to motivate participants. At 6 and, if participants want to enlengthen their participation, 12 months into the program the baseline measurement will be performed again to track lifestyle changes and cognition changes. Participants who will be recruited in the second stage of the research will have additional gaming elements available to them to keep them motivated to participate.

Study objective

The main objective of the FitSupport study is to include 3000 supporters of the soccer clubs into the intervention through two different inclusion strategies; one digital and one personal recruitment strategy. These participants will be divided in two groups; one using a normal intervention and the second using a gamified intervention. Our hypothesis is that the gamified intervention will be more effective in changing lifestyle behaviour.

Study design

01-04-2015

01-09-2015

01-10-2015

01-03-2016

01-04-2016

01-10-2016

Intervention

The Fit Support website provides participants with an overview of current lifestyle, and stimulates healthy behavior change over time in a feasible and structured manner using applied gaming techniques to improve intervention adherence and effectiveness.

Contacts

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Eligibility criteria

Inclusion criteria

1. Regular Internet access
2. Electronic informed consent

Exclusion criteria

1. Inability to understand the Dutch language

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL
Recruitment status: Pending
Start date (anticipated): 01-04-2015
Enrollment: 3000
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	NL4941
NTR-old	NTR5043
Other	: NA

Study results