

# The promotion of water consumption among children's social network at schools in Aruba

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON26157

### Source

Nationaal Trial Register

### Health condition

The study contributes to obesity prevention by promoting healthy consumption behaviors.

Keywords: Aruba, behavior, Caribbean, children, health, motivation, obesity, social norms, sugar sweetened beverage consumption, water consumption.

## Sponsors and support

**Primary sponsor:** Radboud University Nijmegen  
Behavioural Science Institute

**Source(s) of monetary or material Support:** University of Aruba  
Faculty for Finance, Accounting, and Marketing

## Intervention

## Outcome measures

### Primary outcome

The consumption of water.

## Secondary outcome

The consumption of sugar sweetened beverages.

## Study description

### Background summary

The purpose of this study is to determine the efficacy of a customized social network randomized control trial promoting water consumption among primary schools (grade 5 and 6) in Aruba, a Caribbean island. This design utilizes key findings of two previous conducted studies on this specific topic in this Caribbean setting: A social network based intervention study and a theory based water consumption determinants study. The intervention consists of sociometrically selecting influential children and discuss the benefits of water consumption and training them to promote water consumption among their classmates for a period of eight weeks. The control group will not receive any intervention. The consumption of water and sugar sweetened beverages of children will be measured at pre- and post-intervention.

### Study objective

Children in the intervention group will consume (a) more water and (b) less sugar sweetened beverages after the intervention compared to the control group.

### Study design

Pre-intervention measurement: January 2019

Post-intervention measurement: March 2019

### Intervention

Participating primary schools will be randomized in an intervention group and a control group. The intervention uses influential children because of their impact on their social network at schools. The intervention consists of two main components: (1) Nominating children sociometrically by their own classmates through a questionnaire; and (2) Training the influential peers to take up the role of peer influencers to promote water consumption among their classmates for eight weeks. The control group will receive no treatment. During the training session the peer influencers will: (a) Share their existing knowledge regarding water consumption and sugar content of sugar sweetened beverages; (b) Receive additional knowledge regarding health and environmental benefits of water consumption; (c) Be motivated to practice modelling water consumption behavior around their classmates; (d) Be motivated to practice messaging (communicate verbally) with their classmates about the benefits of water consumption; (e) Be encouraged to formulate their own arguments and

their own ways to informally motivate their classmates to consume more water.

## Contacts

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## Eligibility criteria

### Inclusion criteria

Primary school children in grade 5 and 6; between 9 and 13 years old.

### Exclusion criteria

Primary schools that are private schools or special education schools. Primary schools involved in other programs aimed at changing their health related behaviors.

## Study design

### Design

Study type: Interventional

Intervention model: Parallel

Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

## Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	14-01-2019
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	NL7436
NTR-old	NTR7678
Other	: ECSW2014-2411-273

## Study results