

Activity-promoting video games: An effective way to prevent overweight and obesity in a family setting?

No registrations found.

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

Summary

ID

NL-OMON26580

Source

Nationaal Trial Register

Brief title

MyGame

Health condition

overweight, obesity, sedentary behavior, inactivity, gaming

overgewicht, obesitas, sedentair gedrag, inactiviteit, gamen

Sponsors and support

Primary sponsor: VU University Amsterdam

Source(s) of monetary or material Support: Financial support: ZonMw

Material support: Sony (SCEE)

Intervention

Outcome measures

Primary outcome

1. Indicators of weight status (i.e., BMI, skinfold thickness, hip- and waist circumference);
2. Behavioral outcomes (i.e., physical activity and sedentary behavior).

Secondary outcome

1. Gaming behavior (i.e., frequency and time spent in playing sedentary and active games);
2. Dietary behaviors (i.e., snacking and soft drink consumption).

Study description

Background summary

Reducing time spent in sedentary behavior and increasing physical activity has been identified as an important target for the prevention of overweight and obesity. Novel video games that require physical activity and whole body movements (e.g. dancing, boxing, playing tennis) may be a promising method for the reduction of time spent in sedentary acts. In this project, the overall aim is to examine whether activity-promoting video games can help to reduce sedentary behavior and increase physical activity in order to prevent excess weight gain in a family setting. In a randomized controlled trial (RCT) the effects of providing families with an activity-promoting video game on sedentary time, physical activity, energy intake and weight-related measures will be evaluated.

Throughout the project, both potential positive and negative (side) effects of activity-promoting video games will be explored. Families with adolescents aged 12-16, in which traditional non-active games are played, but who currently do not have access to a PlayStation Move are eligible. Only families living in the Netherlands will be recruited.

Study objective

It is expected that providing active games to a family will have merits in reducing sedentary behavior and substituting sedentary time with physical activity in order to prevent excess weight gain in a family setting.

Study design

Measurements will take place at baseline, after one month, after 4 months and after 10 months.

Intervention

The intervention group will receive a PlayStationMove upgrade package including six video games. With this package they will be able to play active games. The intervention group will be instructed to play the Move games as often as they want and to replace at least one hour of sedentary gaming with active gaming.

The control group will go on as usual and will receive the Playstation Move upgrade package after the research period of 10 months.

Contacts

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Eligibility criteria

Inclusion criteria

1. Families with adolescents aged 12-16 years old;
2. The main participant (adolescent aged 12-16) lives at least 4 days a week in the participating family;
3. The main participant plays non-active games for at least two hours per week;
4. The main participant is physically capable to play active games;
5. The family owns a PlayStation3.

Other participants:

1. One or both parents/caregivers will also be included in the study;
2. Brothers and sisters aged 8-18 years old can also participate.

Exclusion criteria

1. Families who already own a PlayStationMove package;
2. Adolescents who play active games once a week or more often.

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):	14-01-2012
Enrollment:	284
Type:	Anticipated

Ethics review

Positive opinion	
Date:	11-01-2012
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 37314

Bron: ToetsingOnline

Titel:

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

No registrations found.

In other registers

Register	ID
NTR-new	NL3080
NTR-old	NTR3228
CCMO	NL26745.029.09
ISRCTN	ISRCTN wordt niet meer aangevraagd.
OMON	NL-OMON37314

Study results

Summary results

N/A