

Effects of Rock and Water, a psycho-physical training for boys

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON26784

Source

Nationaal Trial Register

Health condition

Rock and Water, sexual behaviour, boys

Sponsors and support

Primary sponsor: Trimbos instituut

Source(s) of monetary or material Support: Zorgonderzoek Nederland (www.zonmw.nl)

Intervention

Outcome measures

Primary outcome

Sexual behaviour experiences

Secondary outcome

Attitude to sexual compulsion

Study description

Background summary

An effectstudy on Rock & Water

Study objective

Rock and Water is effective on sexual behaviour and communication of boys aged 14-17 years old.

Study design

baseline, post (direct after intervention), follow-up 4 months later.

Intervention

Rock and Water:

The Rock and Water course consists of a total of 14 lessons, and is normally taught during physical education classes. The first 8 lessons cover the basic principles of the course (self-defence, self-confidence, assertiveness and social skills) and can be taught in either primary or secondary schools. The next 6 lessons are designed for adolescents (aged 14 or older), and address sexuality, sexual aggressive behaviour and discovering one's potentials.

Rock and Water employs psychophysical teaching methods. These comprise physical exercise to stimulate the pupils' abilities to self-reflect and to articulate experience. Although Rock and Water was originally developed for boys, it has proven to be suitable for girls as well. With boys, the emphasis tends to be more on self-control, self-reflection and self-confidence. The course is hence physical in nature. It is supported by brief group conversations, which include room for self-reflection, and by short assignments.

In this study the intervention was standardized for the implementation in the nine participating schools. In 7 weeks Rock and Water was given by schoolteachers. Schools could choose between either 7 block hours of 90 minutes or 10 single lessons of 60 minutes (once or twice weekly). At 4 schools the 7 block hours and in 1 school the 10 lessons were given. All boys were prepared for Rock & Water in mentor lessons. For this study the program developer has selected exercises from all available exercises of Rock and Water. First, in all lessons attention was paid to the physical, social and mental resilience. Second, because the effect study was focused on sexual aggression, special attention was paid to manners in which respect for each other and respect for rules were important. Furthermore, exercises were chosen on sexual violence.

Contacts

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Eligibility criteria

Inclusion criteria

Secondary school, low educated
Boys between 14-17 years

Exclusion criteria

Schools with other comparable interventions

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)

Control: Active

Recruitment

NL
Recruitment status: Recruitment stopped
Start date (anticipated): 01-09-2013
Enrollment: 460
Type: Actual

Ethics review

Positive opinion
Date: 14-04-2014
Application type: First submission

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	NL4482
NTR-old	NTR4615
Other	12433.0004 ZonMW : METiGG nr. 11.112

Study results