

YouR Action.

No registrations found.

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

Summary

ID

NL-OMON26936

Source

Nationaal Trial Register

Brief title

N/A

Health condition

Moderate to Vigorous Physical Activity, sports, MVPA, adolescents, matig intensieve activiteit, sport, beweeggedrag, jongeren

Sponsors and support

Primary sponsor: Erasmus Medical Center

Source(s) of monetary or material Support: ZonMW, The Netherlands Organization for Health Research and Development

Intervention

Outcome measures

Primary outcome

1. Physical activity measured with self-report questionnaires;
2. Physical activity sub-behaviours measured with self-reported questionnaires.

Secondary outcome

1. Objectively measured physical activity by using an accelerometer at baseline, 1 month follow-up and 6 months follow-up;
2. BMI calculated from measured height and weight, at baseline and at 6 months follow-up;
3. Waist circumference measured between hipbone and lowest rib, at baseline and at 6 months follow-up;
4. Awareness of physical activity levels, physical activity attitudes, perceived behavioral control, and motivation to engage in physical activity behaviours, measured with self-report questionnaires at baseline, one month and 6 months follow-up;
5. Perceived opportunities to be active in the neighborhood, measured with self-reported questionnaires at baseline, one month and 6 months follow-up.

Study description

Background summary

Background:

Computer-tailored health education may be especially suited to address complicated health-related behaviors such as physical activity (PA). PA is associated with important public health issues of today such as overweight, cardio-vascular diseases, and certain cancers.

Furthermore, web-based computer-tailored health education might best appeal to the Internet generation-, i.e. younger people, including children and adolescents. Physical activity patterns are established in childhood and adolescence and declines in PA have been observed between first year of secondary school and third year of secondary school. Therefore PA should be encouraged in young people. Most intervention to date have focussed only on motivational factors to be active. However, recent theory and evidence suggests that environmental opportunities to be active might also be important.

Objective:

The present study proposes to test the effectiveness of web-based computer-tailored PA interventions aimed at adolescents in the first year of secondary school (12-13 years old). One version will target only motivational determinants, the other on top of that also environmental opportunities to be physically active. **Methods:** We will test this application in a real-life implementation environment in a cluster randomized controlled trial with randomization on class level. The follow-up periods will be one month and six months. Primary outcome indicators will be physical activity and physical activity sub-behaviours measured by a self-administered questionnaire. Secondary outcomes will be objectively measured PA, Body Mass Index and Waist circumference, measured by trained research staff and psychosocial determinants of PA behaviours, and perceptions of opportunities to be physically active measured with self-administered questionnaires.

Study objective

1. The intervention groups will have more favourable outcomes on the targeted behaviours and BMI, compared to the control group at follow-up;
2. The "motivational and environmental" tailored intervention group will have more favourable outcomes on the targeted behaviours, compared to the motivational only tailored group at follow-up;
3. The intervention groups will be more aware of their risk behaviours, having more favorable perceptions of the opportunities to be active in their neighbourhood and have more positive attitudes, perceived behavioural control and intentions for their physical activity behaviours, compared to the control group at follow-up;
4. The "motivational and environmental" tailored intervention group will have more favorable outcomes on perceptions of opportunities to be active in their neighbourhood compared to the motivational only intervention group.

In addition to testing these main hypotheses, secondary analysis will be performed to answer other relevant research questions.

Study design

1. September-October 2009: Baseline measurements;
2. October-November 2009: Intervention use;
3. November-December 2009: Short term follow-up measurements;
4. May-June 2010: Long term follow-up measurements.

Intervention

Motivational only tailored group:

The pupils in the motivational only tailored group will receive a computer tailored intervention targetting motivational factors (attitude, perceived behavioral control, subjective norm, awareness, implementation intentions).

Environmental and motivational tailored group:

Pupils in the environmental and motivational tailored group will receive the same intervention as the motivational only tailored group, but this is extended by use of GoogleMaps to target perceptions of opportunities to be active in their environment.

Control group:

The control group will receive a non-tailored webbased intervention on physical activity and sports.

All pupils will have the same exposure to the interventions. The interventions will be used during 3 schoolhours (45 minutes each).

Contacts

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Eligibility criteria

Inclusion criteria

Secondary schools (locations) in the municipal health organization regions: Rotterdam and surrounding areas, Zuid-Holland Zuid and Zuid-Hollandse Eilanden.

Exclusion criteria

Schools where pupils have very low reading skills (i.e. pupils that are not able to fill in a questionnaire).

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-09-2009
Enrollment:	1605
Type:	Anticipated

Ethics review

Positive opinion	
Date:	23-07-2009
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	NL1813
NTR-old	NTR1923
Other	ZonMW : 71100003
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

N/A