

PHIT2LEARN Study 4: An ecological long-term intervention targeted at reducing sedentary time in the classroom using sit-to-stand desks in vocational education and training

No registrations found.

| | |
|------------------------------|----------------|
| Ethical review | Not applicable |
| Status | Recruiting |
| Health condition type | - |
| Study type | Interventional |

Summary

ID

NL-OMON27036

Source

Nationaal Trial Register

Brief title

PHIT2LEARN - Study 4

Health condition

N/A

Sponsors and support

Primary sponsor: Open University of the Netherlands, Maastricht University, VU University Medical Center, ECBO, Kenniscentrum Sport, mbo Raad, Vista college, Koning Willem I college

Source(s) of monetary or material Support: NRO/NWO

Intervention

Outcome measures

Primary outcome

Sedentary time/standing time and school performance

Secondary outcome

Motivation, self-esteem, vitality, mental well-being, classroom behaviour

Study description

Background summary

The goal is to implement sit-to-stand desks in the classrooms of vocational education and training (VET) institutes, using different behaviour change approaches and working in co-creation with participating teachers and students. The use of these sit-to-stand desks should lead to less sedentary time and more light-intensity physical activity among which standing and walking around in the classroom. Next to these changes in physical activity behaviour, objectively measured with accelerometry using ActivPALs, we are interested in the potential effects on school performance, motivation, self-esteem, mental well-being, vitality, and classroom behaviour. This cluster RCT has a mixed design with a pre-post-test and control group using regular sedentary furniture. The intervention period will last 5 months and 200 students will be included in the full sample. Two VET institutes will participate and will each deliver four classes of level 2 VET students.

Study objective

We expect less sedentary time in the classroom and more standing time, from the objective data delivered by ActivPAL accelerometry. We expect beneficial findings on motivation, vitality, self-esteem, and mental well-being. We expect beneficial findings on school performance and classroom behaviour.

Study design

Start of the intervention and end of the intervention

Intervention

Using sit-to-stand desks during classes spent at school, combined with a tailored intervention developed in co-creation with participating teachers and students regarding motivating teachers and students to use these desks.

Contacts

Public

Open Universiteit
Jérôme Gijssels

045-5762379

Scientific

Open Universiteit
Jérôme Gijssels

045-5762379

Eligibility criteria

Inclusion criteria

No restrictions

Exclusion criteria

None defined

Study design

Design

| | |
|---------------------|-----------------------------|
| Study type: | Interventional |
| Intervention model: | Factorial |
| Allocation: | Randomized controlled trial |
| Masking: | Open (masking not used) |
| Control: | Active |

Recruitment

NL

| | |
|---------------------------|-------------|
| Recruitment status: | Recruiting |
| Start date (anticipated): | 21-10-2019 |
| Enrollment: | 200 |
| Type: | Anticipated |

IPD sharing statement

Plan to share IPD: Yes

Plan description

Plan is to share all data on DANSeasy

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 | NL8098 |
| Other | Approved by cETO of OU : U2017/00519/FRO |

Study results

Summary results

To be expected in 2021