

The effectiveness of a campaign in which children stimulate each other to drink water.

No registrations found.

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

Summary

ID

NL-OMON28835

Source

NTR

Health condition

water consumption among youth
water consumptie onder jongeren
drinking water
water drinken

Sponsors and support

Primary sponsor: Behavioural Science Institute Radboud University

Source(s) of monetary or material Support: Behavioural Science Institute Radboud University

Intervention

Outcome measures

Primary outcome

Water consumption measured by two items indicating the average amount of consumption on a 6-point-scale (0 = zero glasses per day, 5 = five glasses per day). The portion size also

includes cans, bottles, and packages.

Secondary outcome

- Water consumption intention measured by two items indicating the intentions to drink more water on schooldays and on weekend days, using a 4-point-scale (1 = certainly not, 4 = for sure)
- Consumption of sugary drinks/soda
- Self-estimated weight status

Study description

Study design

January 2015

March 2015

Intervention

A health intervention targeting children's water consumption within schools will be used in a cluster-randomized controlled trial with three conditions: (1) health intervention in which influence agents are selected by peer nominations, (2) health intervention in which agents are randomly selected, and (3) control condition in which no intervention is applied.

In the peer nominations experimental condition children receive a peer nomination questionnaire at baseline in which they are asked to nominate classmates who they "want to be like", "look up to", "respect", "go to for advice", and regard as "good leaders". Subsequently, 15% of boys and 15% of girls who receive the most nominations are invited to be trained as influence agents. In the random experimental condition a statistical program is used to randomly select 15% of boys and 15% of girls who are trained to encourage their classmates to drink more water.

The training will be delivered by two experimenters in one 90-minute session. In the first part of the training the health and environmental benefits of water are emphasized. Based on self-persuasion, children generate their own arguments for consuming more water which motivates them to internalize this behavior. In the second part of the training the role of influence agent is explained and children are asked whether they are willing to take on this role. Based on self-determination theory, children may choose in which manner they want to encourage their peers to drink more water. The influence agents receive a reusable water bottle which they could use to stimulate water consumption among their classmates.

The influence agents are asked to motivate their classmates to drink water during eight

weeks. The experimenters offer them support at two follow-up sessions one and four weeks after the training.

Contacts

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Eligibility criteria

Inclusion criteria

Primary school children between 9 and 13 years of age.

Exclusion criteria

Children on primary schools, who are active in a water drinking program

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	05-01-2015
Enrollment:	306
Type:	Anticipated

Ethics review

Positive opinion	
Date:	03-11-2014
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	NL4757
NTR-old	NTR4885
Other	: ECSW2014-2411-273

Study results