

Conducive sport environments for disadvantaged youth

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Ethical review	Approved WMO
Status	Will not start
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON40817

Source

ToetsingOnline

Brief title

Conducive sport environments for disadvantaged youth

Condition

- Other condition
- Lifestyle issues

Synonym

evaluation etc.), monitoring, No diseases are being studied; the effect of sport participation on sense of coherence (coping capacity) and self-regulation skills (such as planning

Health condition

cognitieve vaardigheden

Research involving

Human

Sponsors and support

Primary sponsor: Wageningen Universiteit

Source(s) of monetary or material Support: NWO

Intervention

Keyword: Socially vulnerable youth, Sport participation

Outcome measures

Primary outcome

- life prospects (i.e. school performance and employability prospects)
- Sense of Coherence (coping capacity)
- Self-regulation skills (i.e. monitoring, planning, effort, self-efficacy)
- Strengths and Difficulties Questionnaire (measures behaviour of the youngsters)
- Subjective health
- Social conditions for a positive effect (e.g. positive sport climate, skills of the coaches)
- Various indicators for succesful collaboration between youth care organisation and sport organisations (see HALL-framework)
- Motivational Sport Climate Scale (measures sport climate as experienced by the youngsters)

Secondary outcome

- Sport behaviour (type of sport/time spend on sport)
- Ethnicity (youngster/parents)

Study description

Background summary

Sport participation has been associated with many positive outcomes such as physical, social, cognitive and psychological outcomes. Sport participation, for example, has been associated with increases in self-esteem, better health status, reduced chance of depression, more pro-social behaviour and less criminal behaviour. Promoting sport participation could therefore be a promising and effective way of improving life prospects (such as academic performance and chances on labour market) of youth. This seems to hold especially true for disadvantaged youth in a youth care setting because sport participation is lower than for their average peers

Study objective

The proposed intervention aims to increase sport participation of youth with behavioural and/or learning problems as part of their youth care program within a Rotterdam youth care organisation. This will allow us

- 1.) to empirically test the effect of sport participation on life prospects for disadvantaged youth, and to explore the role of self-regulation skills and Sense of Coherence in this effect;
- 2.) to study the conducive environmental factors that are necessary to improve life prospects of disadvantaged youth through sport participation; and
- 3.) to study the collaboration between the youth care organisation and the sport sector.

This project does not solely focus on producing scientific knowledge, but in addition specifically aims to support youth care and sport organisations to use sports to reach wider societal outcomes.

Study design

In order to investigate the causal effect of sport participation on the life prospects of socially vulnerable youth, an intervention will take place that should enhance sport participation among a group of clients of a youth care organisation (i.e. the intervention group). The buurtsportcoach will play a key role in this intervention. He will motivate and train a selected group of youth care professionals to integrate sport activities in the care that they deliver, for instance by stimulating their youngsters to become member of a local sport club. Also, the buurtsportcoach will bring existing collaborations with local sport clubs to the attention of youth care professionals, and will facilitate initiatives of the professionals to make use of sport interventions. It is expected that the training among the youth care professionals and collaboration with the buurtsportcoach will translate to more sport participation among the

youngsters of these professionals. Training of the youth care professionals by the buurtsportcoach will consist of various activities, such as interactive workshops, individual face-to-face sessions, and provision of written (online) information.

The research will involve four phases.

In phase 1, the region manager of the selected region will inform the youth care professionals in this region about the research project. In this phase also specific attention will be paid to the study protocol for youth care professionals.

In phase 2, the actual intervention for youth care professionals will take place. Youth care professionals will be encouraged to pay more explicit attention to the possibilities of sport as part of the treatment plan of the youngsters. Workshops and face-to-face meetings will be organised to facilitate this process among youth care professionals.

In phase 3, the first (baseline) and second data collection among the youngsters will take place. For a period of one year, all new clients of the youth care professionals in the intervention condition and the youth care professionals in the control condition will be asked to complete a questionnaire when they enter a care programme (time 1) and six months later (time 2). Most care programmes at the youth care organisation have a duration of six months. Excluded from participation in the study will be youngsters who enter a family care programme, because these programmes focus more on the parents rather than the youngsters. In this phase additional data is gathered via interviews with youth care professionals, sport coaches and other relevant stakeholders in the sport context. Also several interviews will be conducted with youngsters in the experimental condition.

Phase 4 consists of the second follow-up (time 3) which takes place 12 months after the second measurement. Since most youngsters will not be clients of the youth care organisation any more at time 3, much effort will be devoted to keeping in contact with these youngsters for the second follow-up. Furthermore, the young people in the sample will be encouraged to participate in all three measurements by offering them an incentive for complete participation. Previous research has shown that incentives not only enhance response rate but also tend to increase reliability of the answers. Addresses, phone number and e-mail addresses to get in contact with participants will be collected via the second questionnaire.

Intervention

see previous box (study design)

Study burden and risks

The youngsters have to fill in three questionnaires of max. 15 minutes each. In addition, a number of youngsters is asked for an interview, lasting no more than 30 minutes.

A number of youth care professionals and sport professionals are asked for interviews, lasting no more than an hour.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adolescents (12-15 years)
Adolescents (16-17 years)
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

All youth entering the experimental region of the Rotterdam youth care organisation selected for this study.

Exclusion criteria

Youth entering the youth care organisation with care focusing on the family (rather than the youngster).

Youth with depressive or suicidale thoughts as indicated during the intake procedure for example using instruments such as the Child Behaviour Checklist.

Study design

Design

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

Primary purpose: Other

Recruitment

NL	
Recruitment status:	Will not start
Enrollment:	600
Type:	Anticipated

Ethics review

Approved WMO	
Date:	04-03-2014
Application type:	First submission
Review commission:	METC Wageningen Universiteit (Wageningen)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

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

ID: 24523

Source: NTR

Title:

In other registers

Register	ID
CCMO	NL47988.081.14
OMON	NL-OMON24523