

The prevention of lower extremity physical activity injuries; a school-based randomised controlled trial in children aged 10-12 years.

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The promotion of safe sports participation proves effective in a physical education setting, resulting in a reduction of lower extremity injuries in children.

Ethische beoordeling	Niet van toepassing
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20638

Bron

NTR

Verkorte titel

iPlay

Ondersteuning

Overige ondersteuning: ZonMw - the Netherlands Organisation for Health Research and Development

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

1. Incidence of lower extremity injuries;

2. Costs associated with lower extremity injuries.

Toelichting onderzoek

Achtergrond van het onderzoek

In children physical activity injuries are a major health problem. Physical activity injuries in children are associated with prolonged periods of impairment of everyday activity and life. In order to reduce the short- and long-term effects of physical activity injuries in terms of their social and economic consequences, prevention of these injuries in children is important. The aim of the proposed randomised controlled trial is to evaluate an intervention programme to be used in physical education (PE) classes of primary schools, aimed at reducing acute lower extremity injuries due to sports and physical activities in pupils aged 10-12 years. The intervention programme has been developed according to the intervention mapping protocol, and is designed to reduce injuries sustained during PE, as well as during organised and non-organised sports and physical activities. The effectiveness of the prevention programme will be evaluated in a randomised controlled trial. The study will be carried out during one school year in primary schools, reaching boys and girls aged 10-12 years (7th & 8th grade). Schools will serve as randomisation units to avoid spill-over of the intervention within schools and to enhance control over intervention adherence and compliance. The effect of the intervention will be assessed using multilevel analysis. The primary outcome measure will be acute lower extremity injury incidence. Secondary outcome measures will include injury severity, injury costs, school absence and intermediary factors such as knowledge and attitude regarding the prevention of lower extremity injuries.

Doel van het onderzoek

The promotion of safe sports participation proves effective in a physical education setting, resulting in a reduction of lower extremity injuries in children.

Onderzoeksopzet

N/A

Onderzoeksproduct en/of interventie

The injury prevention programme aimed lower extremity injuries in children aged 10-12 years was constructed based on an intervention mapping protocol. In general the injury prevention programme focuses on injury prevention in general and focuses on injury awareness, physical fitness and coordination (motor control). In addition the programme focuses on soccer, tennis, basketball, inline skating and snowboarding. These are the most commonly practiced activities in this age group. The injury prevention programme will be given by the children's teachers as a 9 month course.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Primary schools.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

N/A

Onderzoekopzet

Opzet

Type: Interventie onderzoek

Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-09-2006
Aantal proefpersonen:	2280
Type:	Werkelijke startdatum

Ethische beoordeling

Niet van toepassing	
Soort:	Niet van toepassing

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL536
NTR-old	NTR580
Ander register	: N/A
ISRCTN	ISRCTN78846684

Resultaten

Samenvatting resultaten

N/A