

Effectiveness of the intervention Alle Leerlingen Actief! to motivate inactive students to become physically active.

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Alle Leerlingen Actief! (ALA) works both on the intrinsic motivation of inactive students to become more physically active, as it promotes the activity-friendly environment in and around schools. Motivational interviewing techniques will be used...

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

Samenvatting

ID

NL-OMON21088

Bron

NTR

Verkorte titel

ALA

Aandoening

physical activity
healthy environment
adolescents
behavioural change
motivational interviewing

lichamelijke activiteit
gezonde leefomgeving
leerlingen
gedragsverandering
motivatie gesprekken

Ondersteuning

Primaire sponsor: TNO Kwaliteit van Leven

Preventie en Zorg

Postbus 2215

2301 CE Leiden

Overige ondersteuning: Nederlandse organisatie voor gezondheidsonderzoek en zorginnovatie

ZonMw deelprogramma Effectiviteits- en Doelmatigheidsonderzoek van het programma Preventie

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2593 CE Den Haag

Postbus 93245

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Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The main outcomes that will be assessed among the students include: Physical activity behaviour (i.e., number of days per week engaged in 60 minutes of at least moderate intensity physical activity) and the intrinsic motivation towards sports and physical activity.

Toelichting onderzoek

Achtergrond van het onderzoek

Alle Leerlingen Actief! (ALA), developed by the Dutch Institute for Sport and Physical Activity (NISB), is a school-based intervention to motivate inactive students to become physically active, with motivational interviewing combined with efforts to create a supportive school environment as most important features. Up till now, most school-based interventions focus on entire classes or specific age groups. ALA consists of a unique combination of motivational interviewing and an environmental

approach. As such it targets high-risk individuals rather than groups, as well as promoting the sport- and activity-friendliness of the school environment. The intervention consists of a series of motivational interviews between individual students of secondary schools and trained teachers. Based on the promising pilot results from 3 secondary schools, in which ALA's effectiveness was preliminary assessed, NISB considers nationwide implementation of ALA. Therefore, sound evidence on its effectiveness as well as indications on the costs (in terms of time and funds invested) associated with the intervention is needed.

The research design to study the effectiveness of ALA is a randomized waiting-list-controlled design, with randomization at school level (i.e. intervention schools and control schools). Outcomes will be assessed in students, trained teachers and schools. The main outcomes that will be assessed among the students include: physical activity behaviour (i.e., number of days per week engaged in 60 minutes of at least moderate intensity physical activity) and the intrinsic motivation towards sports and physical activity. Outcomes that will be assessed among the teachers include: the frequency, duration and setting of the counselling sessions with the students and the students' stage of change toward sports and physical activity as noted by the teacher in each counselling session. Outcomes that will be assessed at the school level include: the school policy on physical activity and sports, and the social and physical environment in and around school. The outcomes of intervention schools will be compared with the outcomes of control schools using multilevel analyses. Questionnaires measuring these outcomes will be completed at the beginning, middle and end of the school year. This project will be conducted by TNO Quality of Life in close collaboration with NISB, Maastricht University and The Hague University.

Doel van het onderzoek

Alle Leerlingen Actief! (ALA) works both on the intrinsic motivation of inactive students to become more physically active, as it promotes the activity-friendly environment in and around schools. Motivational interviewing techniques will be used to achieve a sustained behavioural change toward

sports and
physical activity, and attitude towards this topic.

1. To verify the effectiveness of the intervention ALA, the first objective of this study is to investigate if ALA achieves an increase in physical activity in daily life in the inactive or semi-inactive group of students, as determined by the four stages (active, semi-active, semi-inactive, inactive) of the national guideline of physical activity, the Dutch Exercise Health Standard (NNGB).

Corresponding research question: Does ALA lead to a significant improvement of the physical activity pattern in the participating inactive students?

2. The second objective of this study is to achieve, together with the actual behavioural change, a positive change in intrinsic motivation to increase physical activity.

Corresponding research question:
Does ALA lead to a significant improvement of the intrinsic motivation in the participating inactive students to increase physical activity.

3. Besides the suggested intrinsic motivational and behavioural effect on an individual level, ALA tries to positively influence the social and physical environment. The sports minded nature at the administrative level should be embedded in the local school policy. Therefore, the third objective of this study is to assess if and to what extent ALA affects the school environment and thus creates a safe and supportive setting to start physical activity for the inactive.

Corresponding research question:
Does ALA lead to a significant positive change of the social and physical environment in and around school?

4. The last objective of this study deals with indications on the costs (in terms of time and funds invested) for schools when implementing the intervention ALA.

Onderzoeksopzet

The decision regarding funding of the current proposal is expected in June 2009. Project activities will subsequently start in October/November 2009 (recruitment of schools, training of participating teachers, preparation and pre-testing of measurements, etc). The intervention is scheduled to take place in the school year 2010/2011; as a result the data from the follow-up measure of the intervention are expected to be available for analyses in September 2011. Data analyses and presentation (e.g., in draft articles and oral presentations for the (inter)national scientific community) will be completed in March 2012. Evidently, the effectiveness data will be provided to NISB and the rest of the community as soon as they are complete.

Onderzoeksproduct en/of interventie

Alle Leerlingen Actief! (ALA), developed by the Dutch Institute for Sport and Physical Activity (NISB), is a school-based intervention to motivate inactive students to become physically active, with motivational interviewing combined with efforts to create a supportive school environment as most important features. Up till now, most school-based interventions focus on entire classes or specific age groups. ALA consists of a unique combination of motivational interviewing and an environmental approach. As such it targets high-risk individuals rather than groups, as well as promoting the sport- and activity-friendliness of the school environment. The intervention consists of a series of motivational interviews between individual students of secondary schools and trained teachers. During these motivational interviews students are motivated to participate in sports or other forms of exercise. Therefore, teachers or supervisors will contact single individual students by performing motivational interviews. The duration of the intervention is one school year with 10 to approximately 15 motivational interview meetings between teacher and the individual student. Parents will also be contacted.

The effectiveness of ALA will be studied using a randomized waiting-list controlled design. The intervention is proposed to affect participating individual students as well as their school environment. To avoid contamination of study groups, randomization will therefore take place at the school level. The intervention will be tested for a period of one school year; after this period the waiting-list-control schools will be allowed to start with the intervention. Twenty schools will be recruited from the total sample of secondary schools in The Netherlands. The control schools will receive care as usual.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Schools will be included in the study if:

1. They are willing to appoint a contact person for the duration of the trial;
2. They are willing to train two or more teachers, for example a physical education teacher and a tutor, to use the study protocol (motivational interviewing techniques and/ or measurement protocol);
3. They agree that only teachers that have successfully completed the training organized for this study are allowed to use the motivational interviewing techniques;
4. They are willing to reserve time and space for the interviewing/ counseling sessions when allocated to the intervention group;
5. They are able to enroll 25 students in the study (see also sample size calculations);
6. They are willing not to start ALA during the study period (i.e., one school year) when

allocated to the control group.

ALA is an intervention for inactive students. For students in the intervention group, a questionnaire and physical measurements will also be used to assess which individual students might be suitable candidates for enrollment in the ALA program. The following students will be offered MI sessions:

1. They are insufficiently physically active as reported in the questionnaire (i.e., less than 5 days per week 60 minutes of physical activity of at least moderate intensity);
2. They are willing to participate in interviewing/ counseling sessions.

When the demand for interviewing/ counseling sessions is higher than the supply offered by the school, priority will be given to the least physically active students, students who are overweight and/ or students with low motor skills as displayed in the intra-curricular physical education classes as identified by the physical education teacher.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

See inclusion criteria.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-10-2009
Aantal proefpersonen:	150
Type:	Verwachte 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	NL2039
NTR-old	NTR2156
Ander register	ZonMw : 50-50110-96-666
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A