

Strengthening parenting styles and practices in existing interventions to prevent overweight and obesity in children.

Gepubliceerd: 07-04-2013 Laatste bijgewerkt: 13-12-2022

After completion of the E-learning by parents: 1. Eating and physical activity behaviour of children of these parents are healthier than children of parents in the control group. With healthier eating and exercise habits we mean: A. The...

Ethische beoordeling	Positief advies
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON21293

Bron

NTR

Verkorte titel

ELVO Study

Aandoening

Promoting healthy eating and physical activity, parenting, preventing overweight children

Ondersteuning

Primaire sponsor: Academische collaboratie centre AMPHI, UMC St Radboud in collaboration with the Consortium Integrated Approach of Overweight (CIAO).

Overige ondersteuning: ZonMW

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Changing eating and exercise behaviour in children

The differences (between the intervention group and the control group) in changes in eating and physical activity behaviour of children between baseline and t=1 and t=2. This eating and physical activity behaviour is measured by questionnaires filled out by children and their parents. The questions are:

1. How many days a week do you eat breakfast?

2. How many days a week do you eat fruits?

3. How many days a week do you eat vegetables?

4. How many sweet beverages do you drink a day (on average)?

5. How many minutes do you watch tv a day (on average)?

6. How many minutes do you spend behind the computer a day (on average)?

7. How many minutes do you play outside a day (on average)?

Toelichting onderzoek

Achtergrond van het onderzoek

The purpose of this cluster randomized study is to investigate whether the eating and exercise behaviors of children between 9 and 12 years at the school participate in the intervention 'Scoring for health' is healthier if the parents of these children home an E-learning follow, compared with children whose parents only receive a leaflet about healthy eating and exercise.

In the E-learning we teach parents how they can encourage their child to eat healthier and exercise and solving conflicts about these topics by using parenting skills and practices.

Doel van het onderzoek

After completion of the E-learning by parents:

1. Eating and physical activity behaviour of children of these parents are healthier than children of parents in the control group. With healthier eating and exercise habits we mean:
 - A. The children meet breakfast, fruit and vegetable standards;
 - B. The kids drink 2 or less sweet drinks per day;
 - C. The children meet the standard move;

D. The kids computer and / or watch less than 2 hours of TV per day.

2. The mentioned effects in hypothesis 1, we see both after completion of 'Scoring for health' as 1 year after baseline.

After completion of the E-learning:

3. Parents use more often an authoritative parenting style than parents in the control group;

4. parents have more rules about healthy eating and exercise;

5. parents give better example to their children towards healthy eating and physical;

6. parents monitors better eating and exercise behavior of their child;

7. Parents have higher self-efficacy around encouraging their child to eat healthy and enough exercise.

Onderzoeksopzet

1. Baseline measurements January – March 2013;

2. End of the intervention June 2013;

3. 6 Months after the intervention: January 2014.

Onderzoeksproduct en/of interventie

Interventiongroup:

Parents who receives a folder and an E-learning module about how to stimulate their child to eat healthy and have enough physical activity and less inactivity using parenting skills.

Controlgroup:

Parents who receive only a folder about healthy eating and physical activity for children.

Contactpersonen

Publiek

Academic collaborative centre AMPHI

Department of Public Health, UMC St Radboud

Postbus 9101
Emilie Ruiter
Nijmegen 6500 HB
The Netherlands
+31 (0)24 3616332

Wetenschappelijk

Academic collaborative centre AMPHI

Department of Public Health, UMC St Radboud

Postbus 9101
Emilie Ruiter
Nijmegen 6500 HB
The Netherlands
+31 (0)24 3616332

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Parents of children from group 6, 7 and 8 from schools, who participate in the already existing programme 'Scoring for health' in the region Druten and West Maas and Waal in the Netherlands. The inclusion criteria for the children are that their parents participate in our research.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Insufficient understanding of the Dutch language.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	14-01-2013
Aantal proefpersonen:	322
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	07-04-2013
Soort:	Eerste indiening

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	NL3752

Register	ID
----------	----

NTR-old	NTR3938
---------	---------

Ander register	ZonMw / CMO Nijmegen / CCMO : 200100001 / R2012/495 / 4280309112;
----------------	---

ISRCTN	ISRCTN wordt niet meer aangevraagd.
--------	-------------------------------------

Resultaten

Samenvatting resultaten

N/A