

Promoting physical activity among youth: strategic places in the classroom

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Hypothesis 1: a social network intervention is more effective in increasing physical activity in youngsters compared to a control condition.

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

Samenvatting

ID

NL-OMON23116

Bron

Nationaal Trial Register

Verkorte titel

NA

Aandoening

Physical activity, MVPA, youth, teens, children, adolescents, influence agents, social network intervention.

Fysieke activiteit, MVPA, jongeren, tieners, kinderen, adolescenten, invloedrijke leerlingen, sociale netwerk analyse

Ondersteuning

Primaire sponsor: Behavioural Science Institute, Radboud University

Overige ondersteuning: European Research Council

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Physical activity (steps per day and minutes MVPA per day), measured by accelerometer (fitbit flex)

Toelichting onderzoek

Achtergrond van het onderzoek

This study aims to increase physical activity through real-life social network intervention among youth between 12 and 15 years old. The research uses smartphones to set out questionnaires and the intervention itself. Physical activity is measured by accelerometer (Fitbit flex). In the intervention groups, influence agents are assigned based on peer nomination. The influence agents will have the task to promote physical activity among their classmates. Therefore the influence agents receive information on the research phone and strategies how they can promote physical activity among their classmates. Influence agents will be based on three different selection criteria (the three different intervention groups): degree centrality, betweenness centrality and closeness centrality.

Doel van het onderzoek

Hypothesis 1: a social network intervention is more effective in increasing physical activity in youngsters compared to a control condition.

Onderzoeksopzet

the intervention will exist out of two weeks. The first week (mid November) is the baseline measure. Participants will wear the accelerometer for seven consecutive days. After a month, participants will wear the accelerometer again for seven consecutive days (the intervention week; mid December).

Onderzoeksproduct en/of interventie

The social network intervention will make use of the social network by selecting influence agents based on peer nominations. Participants will rate classmates on friendship, communication about physical activity, impression management, and with whom they spend time. Based on these nominations, a social network will be modeled. Classrooms will be randomly assigned to one out of three intervention conditions or the control condition. In the intervention conditions the groups will exist out of influence agents who are based on: (1) degree centrality, (2) betweenness centrality, or (3) closeness centrality. The influence agents will be approached and trained via the research application. They will receive useful information about physical activity as well as strategies to induce physical activity in others. The control condition will have no influence agents. Therefore, no participants in the control condition will receive information nor strategies.

Contactpersonen

Publiek

Thabo van Woudenberg
[default]
The Netherlands

Wetenschappelijk

Thabo van Woudenberg
[default]
The Netherlands

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Youngsters who attend secondary schools between the ages 11 and 15.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Youngsters who are in a classroom with a participation rate lower than 80%. This is the threshold for the statistical analyses that will be performed (Rsiena social network modeling)

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Enkelblind

Controle: Actieve controle groep

Deelname

Nederland
Status: Werving gestart
(Verwachte) startdatum: 01-11-2016
Aantal proefpersonen: 200
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	NL6042
NTR-old	NTR6173
Ander register	European Research Council : 617253

Resultaten

Samenvatting resultaten

Not yet published.