

Onderzoek naar een programma om overmatige gewichtstoename bij 4- t/m 8-jarige kinderen tegen te gaan.

Gepubliceerd: 04-10-2010 Laatste bijgewerkt: 18-08-2022

Overweight and obesity are already prevalent in 4- till 8-year-old children. Obesity-inducing behaviours in young children have been found to track throughout the life span. Acknowledging the lack of effective interventions aimed at preschool...

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

Samenvatting

ID

NL-OMON23608

Bron

NTR

Verkorte titel

GO4fit

Aandoening

overweight, obesity

Ondersteuning

Primaire sponsor: Nutrition and Toxicology Research Institute Maastricht (NUTRIM), Maastricht University

Overige ondersteuning: Netherlands Organization for Health Research and Development (ZonMW)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The main study parameter is children's body composition, determined by BMI z-score (calculated by weight, height, age and gender), waist circumference, and fat mass (assessed by biceps and triceps skinfold and deuterium dilution).

Toelichting onderzoek

Achtergrond van het onderzoek

Rationale:

Overweight and obesity are already prevalent in 4- till 8-year-old children. Obesity-inducing behaviours in young children have been found to track throughout the life span.

Acknowledging the lack of effective interventions aimed at preschool children, the current study aims at executing an effectiveness study in which a lifestyle intervention aimed at the parents of 4- till 8-year-old children is tested.

Objective:

The main objective is to evaluate the effectiveness of Lifestyle Triple P.

Study design:

The design of the current study is a Randomized Controlled Trial (RCT).

Study population:

The research population consists of 288 participants (96 overweight and obese 4- till 8-year-old children and their parents).

Intervention: The lifestyle intervention, called Lifestyle Positive Parenting Program (Lifestyle Triple P), is aimed at parents of overweight and obese children. The control condition receives two information leaflets, a Time Machine and a web-based tailored feedback about

providing a good parental example for your child regarding diet and physical activity.

Main study parameters/endpoints:

The main study parameter is children's body composition, determined by BMI z-score (calculated by weight, height, age and gender), waist circumference, and fat mass (assessed by biceps and triceps skinfold and deuterium dilution). Secondary study parameters are children's lifestyle (snacking behaviour, soft-drink consumption, fruit-and vegetable consumption and physical activity), parental body composition (BMI, parental fat mass), parental physical activity level, parenting self-efficacy and parenting style.

Nature and extent of the burden and risks associated with participation, benefit and group relatedness:

The intervention which the parents of the children receive will take 14 weeks and consists of ten parental group training sessions, and four individual telephone sessions. Furthermore, the body composition of the children and parents (i.e. length, weight, waist circumference, biceps and triceps skinfolds) is measured, children and their parents are asked to wear an Actigraph accelerometer for one week and parents are asked to fill out a questionnaire at baseline, 14 weeks follow-up and 12 months follow-up. Additionally, children's fat mass is also estimated at baseline and 12 months follow-up using deuterium, the gold standard. Participation in the current study is voluntary and without any risks.

Doel van het onderzoek

Overweight and obesity are already prevalent in 4- till 8-year-old children. Obesity-inducing behaviours in young children have been found to track throughout the life span. Acknowledging the lack of effective interventions aimed at preschool children, the current study aims at executing an effectiveness study in which a lifestyle intervention aimed at the parents of 4- till 8-year-old children is tested.

Onderzoeksopzet

Baseline: Children's body composition, determined by BMI z-score (calculated by weight, height, age and gender), waist circumference, fat mass (assessed by biceps and triceps skinfold and deuterium dilution), children's lifestyle (snacking behaviour, soft-drink consumption, fruit-and vegetable consumption and physical activity), parental body composition (BMI, parental fat mass), parental physical activity level, parenting self-efficacy and parenting style.

14-weeks follow-up: Children's body composition, determined by BMI z-score (calculated by weight, height, age and gender), waist circumference, fat mass (assessed by biceps and triceps skinfold), children's lifestyle (snacking behaviour, soft-drink consumption, fruit-and vegetable consumption and physical activity), parental body composition (BMI, parental fat mass), parental physical activity level, parenting self-efficacy and parenting style.

12-months follow-up: Children's body composition, determined by BMI z-score (calculated by weight, height, age and gender), waist circumference, fat mass (assessed by biceps and triceps skinfold and deuterium dilution), children's lifestyle (snacking behaviour, soft-drink consumption, fruit-and vegetable consumption and physical activity), parental body composition (BMI, parental fat mass), parental physical activity level, parenting self-efficacy and parenting style.

Onderzoeksproduct en/of interventie

The lifestyle intervention, called Lifestyle Positive Parenting Program (Lifestyle Triple P), is aimed at parents of overweight and obese children. The intervention will take 14 weeks, consisting of eight weekly 120-minute parental group training sessions, two individual telephone sessions, one parental group training sessions, two individual telephone sessions and a final parental group training session. Triple P is an evidence-based preventively oriented parenting and family support strategy, based on social learning principles. Active skills training methods are employed to help parents acquire new knowledge and skills.

The control condition receives two information leaflets (one about healthy nutrition and physical activity, and one about positive parenting), a Time Machine (an electronic screen time manager) and a web-based tailored feedback about providing a good parental example for your child regarding diet and physical activity.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Parents are eligible for inclusion when:

1. Their child is aged 4 till 8 years old;
2. When their child is labelled as overweight or obese after calculating the BMI and by using the international cut-off points of Cole et al. (14) (which are based on six large nationally representative cross sectional surveys on growth including the Netherlands).

Parents who agree to participate in the study, and both sign for informed consent, are included in the study.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Parents of children who have a medical cause for their overweight and parents who both do not speak the Dutch language are excluded from the current study.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd

Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-09-2010
Aantal proefpersonen:	96
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	04-10-2010
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	NL2285
NTR-old	NTR2555
Ander register	ZonMW : 120520009
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A