

Health behavior change and social network enhancement for low-income multi-problem households

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The aim of this study is to develop and evaluate a health behavior change and social network enhancement intervention for low-income households in Apeldoorn who receive care for multiple problems (such as financial debts, domestic violence,...

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

Samenvatting

ID

NL-OMON24071

Bron

Nationaal Trial Register

Verkorte titel

Back2Balance

Aandoening

Life style, overweight

Ondersteuning

Primaire sponsor: Maastricht University

Overige ondersteuning: Fonds NutsOhra

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Toelichting onderzoek

Achtergrond van het onderzoek

Members of multi-problem households have to cope with multiple problems and stressors in their family lives, such as socio-economic problems (e.g. financial debts, unemployment), psycho-social problems (e.g. domestic violence, psychiatric disorders), and challenges related to child care (e.g. problems arising from neglect or maltreatment). These problems are often chronic, complex, and intertwined, they exist from generation to generation, and they cause high levels of psychological distress for those involved. In the Netherlands, social workers focus on helping families with their most pressing problems and often do not have time to stimulate health behavior change.

The aim of this study is to develop and evaluate a health behavior change and social network enhancement intervention for low-income households in Apeldoorn who receive care for multiple problems. The focus of the intervention is on stimulating physical activity, healthy nutrition, a larger and better social network, and reducing stress. We hypothesize that this intervention will improve self-rated health.

Doel van het onderzoek

The aim of this study is to develop and evaluate a health behavior change and social network enhancement intervention for low-income households in Apeldoorn who receive care for multiple problems (such as financial debts, domestic violence, psychiatric disorders, and problems related to child care). The focus of the intervention is on stimulating physical activity, healthy nutrition, a larger and better social network, and reducing stress. We hypothesize that this intervention will improve self-rated health.

Onderzoeksopzet

Baseline, 6 months, and 12 months.

Onderzoeksproduct en/of interventie

The intervention group gets the offer to participate in the Back2Balance program. This program consists of counselling from social workers about health behavior change and social network enhancement, a walking group, cooking classes, childrens' activities, family outings, and a discount on the existing local health behavior change activities.

The control group gets care as usual from their social worker.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- A nett household income of max. €1400 for single-person households and max. €1900 for multi-person households.
- Having problems in multiple areas: social network, income / finances, societal participation, domestic relations, mental health, physical health, daily activities / school / work, addiction, housing, justice.
- A referral by their social worker, who is providing care for at least one of the above described areas.
- Being 12 years or older.
- Living in Apeldoorn or the neighboring villages that are among the working area of the social workers in Apeldoorn.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Not being able to read or speak Dutch.
- Having a mental disability.
- Being an incapacitated elderly.
- Not willing to sign the informed consent form (or for minors aged 12-15 years: parents who do not want to fill in the informed consent form).

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Niet-gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-09-2017
Aantal proefpersonen:	272
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	12-06-2017
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	NL6190
NTR-old	NTR6512
Ander register	101.230 Fonds NutsOhra : 17-N-80 METC Z

Resultaten

Samenvatting resultaten

Abidi, L., Nagelhout, G. E., Spruijt, R., Schutte, H., & De Vries, H. (2018). Quasi-experimental study evaluating a health promotion program targeting health nutrition, physical activity and social network enhancement for low-income multi-problem households: Study protocol. *International Journal of Clinical Trials*, 5, 132-141.