

# Conducive sport environments for disadvantaged youth

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<b>Ethische beoordeling</b>	Positief advies
<b>Status</b>	Werving gestart
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON24523

### Bron

Nationaal Trial Register

### Aandoening

Life prospects of socially vulnerable youth;  
Life skills;  
Toekomst perspectieven van kwetsbare jongeren;  
Levensvaardigheden.

### Ondersteuning

**Primaire sponsor:** Wageningen University

**Overige ondersteuning:** Dutch Organisation for Scientific Research (NWO)

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

The main outcomes of the study are the life prospect (i.e. subjective health, school/work performance, well-being), Sense of Coherence and self-regulation skills of the youngster.

# Toelichting onderzoek

## Achtergrond van het onderzoek

Background: Sport participation has been associated with improved life prospects such as academic performance and employability prospects. As such, promoting sport participation might be a way to increase life prospects, especially for socially vulnerable youth because they are less physically active than their peers. However, the evidence for the causal effect of sport participation on these outcomes is still limited and little is known about factors that play a role in this possible effect. The aim of this study is four-fold. First, the causal effect of sport participation on life prospects is studied and the underlying mechanisms of this relation are explored. Secondly, the life experiences of the youngsters in the sport context, that may contribute to skill development, are studied. Thirdly, social conditions of a positive effect are explored, as sport is likely to have a positive effect under specific conditions. Fourthly, this study aims to provide insights on the elements of successful partnerships between youth care organisations and local sport clubs.

Methods and design: This protocol reports on a mixed method study. An intervention that aims to increase the sport participation of socially vulnerable youth, between 12-23 years old, is implemented in three regions of a Rotterdam youth care organisation. The youngsters in the two control regions receive care-as-usual. The main outcome variables, collected via questionnaires, are the life prospect, sense of coherence and self-regulation skills of the youngsters after 6 and 18 months of follow-up. The Motivational Climate Scale is administered to explore the social conditions for a positive effect and interviews are conducted with sport coaches to explore their role in skill development. Interviews with the youngsters are conducted to gain insight on the life experiences that may lead to skill development. The elements of successful partnerships are collected during interviews with youth care professionals, sport coaches and other stakeholders in the sport context.

Discussion: The results of this study can support efforts of youth care organisations and local sport clubs to improve the life prospects of socially vulnerable youth through sport participation.

## Doel van het onderzoek

The study has four aims:

1. To provide insights into the causal relationship between sport participation and life prospects of socially vulnerable youth and the underlying mechanism by which sport can improve life prospects.
2. To explore the life experiences in the sport context of socially vulnerable youth that can lead to skill development.
3. To examine the social conditions that may strengthen the positive effect of sport on life prospects.

4. To provide insights into the organizational context of successful sport inclusion in youth care practices by exploring elements of successful and enduring partnerships between professional and voluntary organizations

## **Onderzoeksopzet**

Baseline

After 6 months

After 18 months

## **Onderzoeksproduct en/of interventie**

Youngsters in the intervention group will be encouraged by the youth care professionals to sport as part of their care program at local sport organisations. The youth care professional will inventory, together with the client, the possibilities of sport participation and will guide youngsters to local sport organisations. One of the professionals, The Buurtsportcoach (BSC), will have a pivotal role in the intervention. The BSC will motivate and train the youth care professionals in the experimental condition to integrate sport in the care that they deliver and to guide their youngsters to local sport organisations as part of the youngster's care program. In addition, the BSC has a crucial role in the collaboration of local sport organisations and the youth care professionals. As a key-player in the network he is able to spark initiatives of collaboration and to identify local sport organisations that are especially capable of training the youngsters.

## **Contactpersonen**

### **Publiek**

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### **Wetenschappelijk**

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## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

All youngsters of the Rotterdam youth care organisation that enter a care program, between 12-23 years of age.

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Youth entering a family care program.

Youth with suicidal or depressive thoughts as indexed by the Child Behaviour Checklist

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

### Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-03-2014
Aantal proefpersonen:	600
Type:	Verwachte startdatum

## Ethische beoordeling

Positief advies

Datum: 02-06-2014

Soort: Eerste indiening

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 40817

Bron: ToetsingOnline

Titel:

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

### In overige registers

Register	ID
NTR-new	NL4503
NTR-old	NTR4621
CCMO	NL47988.081.14
OMON	NL-OMON40817

## Resultaten

### Samenvatting resultaten

none