

PHIT2LEARN Study 4: An ecological long-term intervention targeted at reducing sedentary time in the classroom using sit-to-stand desks in vocational education and training

Gepubliceerd: 18-10-2019 Laatste bijgewerkt: 18-08-2022

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

Samenvatting

ID

NL-OMON27036

Bron

NTR

Verkorte titel

PHIT2LEARN - Study 4

Aandoening

N/A

Ondersteuning

Primaire sponsor: Open University of the Netherlands, Maastricht University, VU University Medical Center, ECBO, Kenniscentrum Sport, mbo Raad, Vista college, Koning Willem I college

Overige ondersteuning: NRO/NWO

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Sedentary time/standing time and school performance

Toelichting onderzoek

Achtergrond van het onderzoek

The goal is to implement sit-to-stand desks in the classrooms of vocational education and training (VET) institutes, using different behaviour change approaches and working in co-creation with participating teachers and students. The use of these sit-to-stand desks should lead to less sedentary time and more light-intensity physical activity among which standing and walking around in the classroom. Next to these changes in physical activity behaviour, objectively measured with accelerometry using ActivPALs, we are interested in the potential effects on school performance, motivation, self-esteem, mental well-being, vitality, and classroom behaviour. This cluster RCT has a mixed design with a pre-post-test and control group using regular sedentary furniture. The intervention period will last 5 months and 200 students will be included in the full sample. Two VET institutes will participate and will each deliver four classes of level 2 VET students.

Doel van het onderzoek

We expect less sedentary time in the classroom and more standing time, from the objective data delivered by ActivPAL accelerometry. We expect beneficial findings on motivation, vitality, self-esteem, and mental well-being. We expect beneficial findings on school performance and classroom behaviour.

Onderzoeksopzet

Start of the intervention and end of the intervention

Onderzoeksproduct en/of interventie

Using sit-to-stand desks during classes spent at school, combined with a tailored intervention developed in co-creation with participating teachers and students regarding motivating teachers and students to use these desks.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

No restrictions

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

None defined

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Factorieel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd

Controle: Geneesmiddel

Deelname

Nederland
Status: Werving gestart
(Verwachte) startdatum: 21-10-2019
Aantal proefpersonen: 200
Type: Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Ja

Toelichting

Plan is to share all data on DANSeasy

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	NL8098
Ander register	Approved by cETO of OU : U2017/00519/FRO

Resultaten

Samenvatting resultaten

To be expected in 2021