

Strengthening parenting styles and practices in the existing intervention KERNgezond to prevent overweight and obesity in children.

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

Samenvatting

ID

NL-OMON27785

Bron

NTR

Verkorte titel

ELVO 3 Study

Aandoening

Childhood obesity and overweight prevention

Ondersteuning

Primaire sponsor: Behavioral Science Institute, Radboud University, Nijmegen, the Netherlands

Overige ondersteuning: Province Limburg, The Netherlands

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Changing dietary and physical activity behaviour in children The differences (between the intervention group and the control group) in changes in dietary and physical activity behaviour of children between baseline and t=1 and t=2. These dietary and physical activity behaviours are measured by questionnaires filled out by children and their parents. Variables are: having breakfast, eating fruit, eating vegetable, drinking sugar sweetened beverages, hours being physical active, hours of screen-time activities.

Toelichting onderzoek

Achtergrond van het onderzoek

The purpose of this cluster randomized controlled study is to investigate whether the dietary and physical activity behaviors of children between 9 and 12 years at the school participate in the intervention 'KERNgezond' is healthier if the parents of these children follow the E-learning "Making a healthy deal with your child", compared to children whose parents only receive a folder about healthy diet and physical activity.

In the E-learning we teach parents how they can encourage their child to have healthier dietary and physical activity behaviors and solving conflicts about these topics by using parenting skills and practices.

Doel van het onderzoek

We hypothesized that 5 and 12 months after baseline measurements were collected, the children of parents who received the e-learning program would i) have a healthier diet (e.g., they eat more vegetables and fruits, have breakfast more often, and drink fewer sweetened beverages); ii) be less sedentary (e.g., will engage in a lower amount of screen-viewing time); and iii) have a higher level of physical activity compared to both their baseline values and the control group.

Other objectives of the e-learning program include strengthening parenting styles (parents use more often an authoritative parenting style), improving parenting practices (parents sets more rules regarding healthy diet and physical activity, are better role models and monitor better dietary and physical activity behaviours of their child), and increasing parental self-efficacy.

Onderzoeksopzet

1. Baseline measurements September-October 2015;
2. End of the intervention March-April 2016;
3. 6 Months after the intervention: September 2016.

Onderzoeksproduct en/of interventie

Interventiongroup:

Parents who receive a folder and the E-learning module “Making a healthy deal with your child” about how to stimulate their child to eat healthy and have enough physical activity and less inactivity using parenting skills.

Controlgroup:

Parents who receive only a folder about healthy eating and physical activity for children.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Parents of children from group 6 and 7 from primary schools, who participate in the already existing programme 'KERNgezond' in the northern part of province Limburg, in the Netherlands. The inclusion criteria for the children are that their parents participate in our research.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Insufficient understanding of the Dutch language.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-09-2015
Aantal proefpersonen:	322
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum: 22-02-2016

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	NL5640
NTR-old	NTR5755
Ander register	1) Provincie Limburg, 2) CMO regio Arnhem-Nijmegen : 1) SAS-2014-01236, 2) 2015-1931

Resultaten