

Efficacy of a school-media literacy-based programme in the prevention of disordered eating

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Registration date 11/12/2008	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 19/05/2011	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title

Interactive school-based disordered eating prevention programme in adolescent girls: general and specific effects

Study objectives

A school-media literacy-based prevention programme is effective in improving eating attitudes and reducing the influences of the Beauty Ideal from baseline scores to post-test and six months follow-up.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Terrassa Health and Social Welfare Institute (Institut Municipal de la Salut i Benestar Social - IMSBS), approved in February 2005

Study design

Cluster randomised controlled multi-centre trial

Primary study design

Interventional

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Disordered eating

Interventions

The trial was carried out in seven schools.

The prevention programme consists of two components:

Nutrition component (Nut): One 90-minute talk. Topics include: Balanced eating concept, concept and differentiation between eating and nutrition, nutrients, food pyramid and foods, importance of water, analysis of menus

Media Literacy component (ML): Two 90-minute talks + two 60-minute activity sessions. The topics of the talks include: "Feminine beauty ideal", "How to deal with media messages". The activity sessions include analysis of advertising and writing model letters of complaint to the media.

These interventions were developed from a previous version shorter and without activities (Raich, et al (2008): <http://www.ncbi.nlm.nih.gov/pubmed/18443983>). The programme is described in a manual: Raich et al (2008). Eating, Feminine Beauty Ideal and the Media. How to train critical secondary students (Alimentación, modelo estético femenino y medios de comunicación. Cómo formar alumnos críticos en educación secundaria) (2nd edition) Barcelona: Graó. ISBN: 978-84-7827-644-8: <http://www.grao.com/libros/ficha.asp?ID=686>.

Each school was randomly allocated to one of the following three trial arms:

1. Complete programme (Nut + ML): one session per week for five weeks

2. Partial programme (ML): one session per week for four weeks
3. Control group: no interventions (classes as usual)

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Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Eating Attitudes Test (Spanish adaptation)
2. Questionnaire on Influences of Aesthetic Body Ideal-26 (CIMEC)

The primary and secondary outcomes were assessed at baseline, post-test (one week after the last activity "Letter of complaint to the media") and six months.

Key secondary outcome(s)

The primary outcome measures above were assessed for participants who completed the "analysis of advertising" and the "letters of complaint to the media" activities.

The primary and secondary outcomes were assessed at baseline, post-test (one week after the last activity "Letter of complaint to the media") and six months.

Completion date

02/06/2006

Eligibility

Key inclusion criteria

Second-grade (eight-grade in USA; 13 years) female students in Spanish secondary education.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

13 years

Sex

Female

Key exclusion criteria

Does not meet the inclusion criteria

Date of first enrolment

27/10/2005

Date of final enrolment

02/06/2006

Locations

Countries of recruitment

Spain

Study participating centre

Dept. Psicología Clínica y de la Salud

Barcelona

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Sponsor information

Organisation

Ministry of Science and Innovation (Ministerio de Ciencia e Innovación) (Spain)

Funder(s)

Funder type

Government

Funder Name

Ministry of Science and Technology (Spain) (ref: BSO 2002-03689)

Funder Name

Ministry of Education and Science (Spain) (ref: SEJ 2005-07099)

Alternative Name(s)

Ministry of Education and Science, MEC

Funding Body Type

Government organisation

Funding Body Subtype

Local government

Location

Portugal

Results and Publications

Individual participant data (IPD) sharing plan**IPD sharing plan summary**

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/05/2011		Yes	No