

Evaluating the implementation and effectiveness of schools-based programme to promote exercise self-efficacy in children and young people with risk factors for obesity: Steps to Active Kids (STAK)

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Registration date 19/05/2011	Overall study status Completed	<input checked="" type="checkbox"/> Protocol
Last Edited 28/09/2018	Condition category Nutritional, Metabolic, Endocrine	<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

A randomised controlled trial evaluating the implementation and effectiveness of schools-based programme to promote exercise self-efficacy in children with risk factors for obesity: Steps to Active Kids (STAK)

Acronym

STAK

Study objectives

Children receiving the STAK intervention will have lower body mass index (BMI), smaller waist circumference, higher levels of self-reported physical activity and higher exercise self-efficacy than children in the control group. Children in the asthma group will have better lung function as assessed by peak flow meter.

Ethics approval required

Old ethics approval format

Ethics approval(s)

The University of Nottingham Medical School Ethics Committee approved on 12th February 2010 reference (B/10/2009)

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Obesity, asthma

Interventions

A stepped approach will be used for the intervention. Following initial screening all children who meet the inclusion criteria will, after informed consent of parent, complete Steps 1 and 2. Children who are above the 97th centile or above 91st centile for children with asthma will be invited to take part in Step 3.

Step 1: Participants will be given two Street Dance DVDs which comprise 10 minute daily exercise sessions, including a warm up, learning a new dance move and a cool down. Each DVD covers a two week period (14 different sessions). Sessions have been designed to be short and intensive and have been modelled by an ethnically diverse group of children with a range of body sizes. Children will also be given an Activity Diary to complete which will log their physical activity. Using the well known UK premise of five a day for eating five pieces of fruit or vegetables, children are encouraged to complete and log in the diary five pieces of physical

activity a day, thereby meeting the recommended target of 60 minutes. Additional sections highlight the benefits of exercise, a healthy diet and exercising with asthma. The diary is reviewed on a weekly basis and activity reinforced by verbal praise and stickers.

Step 2: Children will participate in a fun circuit class held once a week for 4 weeks. The class, designed to maintain activity levels and motivate, comprises a circuit of two minute activity stations. Participants will record their scores after each activity station and a pedometer will be given as a motivational tool. Participants will continue to complete their diary.

Step 3: Comprises a short motivational interview including goal setting follow by a review session. Progress on these goals will be reviewed at 4 month follow up.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Body mass index (BMI) and exercise self-efficacy at 12 month follow-up

Key secondary outcome(s)

1. Self-reported activity
2. Emotional and behavioural wellbeing
3. Lung function (peak flow)
4. Waist circumference

Measured at 4 month and 12 month follow-up.

Completion date

31/12/2012

Eligibility

Key inclusion criteria

1. Children aged 9 to 11 years with one, or more of the following risk factors;
 - 1.1. Asthma
 - 1.2. Low exercise self-efficacy
 - 1.3. Teacher-rated build above the 75th centile
 - 1.4. Teacher-rated concern about participation in physical activity

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

9 years

Upper age limit

11 years

Sex

All

Key exclusion criteria

Children with high levels of customary activity (teacher and pupil rated) this will include overweight children with high levels of customary activity

Date of first enrolment

01/04/2010

Date of final enrolment

31/12/2012

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

Nottingham University Hospital

Nottingham

United Kingdom

NG72UH

Sponsor information**Organisation**

University of Nottingham (UK)

ROR

<https://ror.org/01ee9ar58>

Funder(s)

Funder type

Government

Funder Name

National Institute of Healthcare Research (NIHR) (UK)

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?
Protocol article	protocol	26/10/2011		Yes	No
Abstract results	results presented at the 4th Congress of the European Academy of Paediatric Societies	01/10/2012		No	No