# Stay with me: an eHealth application for parents of overweight children

Submission date 17/10/2023	<b>Recruitment status</b> Recruiting	<ul><li>[X] Prospectively registered</li><li>Protocol</li></ul>
Registration date	Overall study status	Statistical analysis plan
11/12/2023	Ongoing	Results
Last Edited	Condition category	Individual participant data
10/09/2024	Other	Record updated in last year

#### Plain English summary of protocol

Background and study aims

Parents play a crucial role in shaping children's dietary and activity behavior and are essential partners in treatment but are insufficiently involved. To address this concern, this study will evaluate a new eHealth tool for parents in the form of a mobile application. The tool will offer model-driven lifestyle change suggestions for parents to use in conjunction with inpatient or outpatient treatment for their child. The eHealth tool will be based on an existing online psychoeducation platform for parents of children with overweight called 'Taking action', in which already many parental behavior change techniques according lifestyle (e.g. affecting children's dietary intake, physical exercises, sleep, family climate) are included, based on the model of Rhee (2008). This content will be combined with the input of parents and professionals on needs and preferences of use, gathered during focus groups and enriched with interactive tools, which are easy to add in an application. The application will consist of: 1) psycho-education, 2) tools to change behavior to deal with weight problems, and 3) motivation-enhancing elements for behavioral change.

#### Who can participate?

Parents who possess a smartphone and are fluent in either Dutch, French or English and have children who are overweight and between 5 and 14 years old.

What does the study involve?

Parents will use the app for 12 weeks. Variables will be assessed during different time points.

Where is the study run from? Ghent University (Belgium)

When is the study starting and how long is it expected to run for? June 2024 to December 2026

Who is funding the study? The Kom Op Tegen Kanker foundation of Belgium

### **Contact information**

#### Type(s)

Public, Scientific

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# Additional identifiers

#### Clinical Trials Information System (CTIS)

Nil known

#### ClinicalTrials.gov (NCT)

Nil known

#### Protocol serial number

Nil known

# Study information

#### Scientific Title

Stay with me: an eHealth application for parents of children with overweight: a protocol for a mixed-method study

#### **Acronym**

Stay with me

#### **Study objectives**

An improvement in parent variables regarding parental skills, parental stress, the family climate, and family activities. We will explore the impact of parent characteristics (gender, ethnicity, marital status and SES). Third, we will evaluate treatment adherence. We expect a doseresponse relationship, meaning that higher adherence will be significantly correlated with the outcome improvements.

#### Ethics approval required

Ethics approval required

#### Ethics approval(s)

notYetSubmitted, Ethics committee U(Z) Ghent (C. Heymanslaan 10, Ghent, 9000, Belgium; +32 (0)9 332 33 36; ethisch.comite@uzgent.be)

#### Study design

Interventional multiple baseline single case study

#### Primary study design

Interventional

#### Study type(s)

Treatment

#### Health condition(s) or problem(s) studied

Treatment of children with overweight - focus on parents

#### Interventions

The tool will offer model-driven lifestyle change suggestions for parents to use in conjunction with inpatient or outpatient treatment for their child. The eHealth tool will be based on an existing online psycho-education platform for parents of children with overweight called 'Taking action', in which already many parental behavior change techniques according lifestyle (e.g. affecting children's dietary intake, physical exercises, sleep, family climate) are included, based on the model of Rhee (2008). This content will be combined with the input of parents and professionals on needs and preferences of use, gathered during focus groups and enriched with interactive tools, which are easy to add in an application. The application will consist of: 1) psycho-education, 2) tools to change behavior to deal with weight problems, and 3) motivation-enhancing elements for behavioral change.

The intervention phase lasts 12 weeks. The baseline phase will last 3,5 or 7 weeks (multiple baseline design)

#### Intervention Type

Behavioural

#### Primary outcome(s)

- 1. Parents' age, length and weight and variables linked to socio-economic status (education, profession, country of birth) measured before the baseline phases.
- 2. Parental feeding behavior will be assessed by the Child Feeding Questionnaire (CFQ) Dutch version before the baseline phases, weekly during baseline and intervention and after the intervention
- 3. Positive parental behavior will be assessed using a subscale of the Ghent Parental Behavior Scale Short version (GPBS-S) before the baseline phases, weekly during baseline and intervention and after the intervention
- 4. Parenting stress will be assessed with the Short Form of the Dutch version of the Parenting Stress Index: the Nijmeegse Ouderlijke Stress Index (NOSIK) before the baseline phases, weekly during baseline and intervention and after the intervention
- 5. Emotion-coaching will be assessed using the Emotion-Coaching Dimension of the Short Form of the Emotion Related Parenting Styles (ERPS) questionnaire before the baseline phases, weekly during baseline and intervention and after the intervention
- 6. The adherence of the treatment will be extracted by the analytics generated by the application during the intervention. The number of days of app usage will be used.

#### Key secondary outcome(s))

We will also ask parents how they experienced using the app after the intervention via individual interviews.

#### Completion date

31/12/2026

# **Eligibility**

#### Key inclusion criteria

- 1. The child's age being between 5 and 14 years old
- 2. The child's adjusted BMI >85th percentile
- 3. Parents possessing smartphone
- 4. Parents being fluent in either Dutch, French, or English

#### Participant type(s)

Other

#### Healthy volunteers allowed

No

#### Age group

Child

#### Lower age limit

5 years

#### Upper age limit

14 years

#### Sex

All

#### Total final enrolment

40

#### Key exclusion criteria

Does not meet inclusion criteria

#### Date of first enrolment

01/10/2025

#### Date of final enrolment

01/02/2026

#### Locations

#### Countries of recruitment

Belgium

## Study participating centre

AZ Jan Palfijn

Watersportlaan 5

Ghent

Belgium

9000

# Study participating centre Zeepreventorium

Koninklijke Baan 5

De Haan Belgium

8420

# Study participating centre UZ Antwerpen

Drie Eikenstraat 655 Antwerpen Belgium 2650

Study participating centre

#### **UZ Brussel**

Laarbeeklaan 101 Jette Belgium 1090

# Sponsor information

#### Organisation

**Ghent University** 

#### **ROR**

https://ror.org/00cv9y106

# Funder(s)

#### Funder type

Charity

#### **Funder Name**

Kom op tegen Kanker

#### Alternative Name(s)

Fight Cancer, komop\_tegenkanker

#### **Funding Body Type**

Private sector organisation

#### **Funding Body Subtype**

Other non-profit organizations

#### Location

Belgium

## **Results and Publications**

#### Individual participant data (IPD) sharing plan

The datasets generated during the study will be available upon request from Maurane. Desmet@Ugent.be

#### IPD sharing plan summary

Stored in non-publicly available repository

Study outputs

Output type Details Date created Date added Peer reviewed? Patient-facing?

Participant information sheet
Participant information sheet
11/11/2025 11/11/2025 No Yes