

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

Submission date 17/10/2023	Recruitment status Recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 11/12/2023	Overall study status Ongoing	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 10/09/2024	Condition category Other	<input type="checkbox"/> Individual participant data <input type="checkbox"/> 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 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.

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

Who is the main contact?
Maurane Desmet, Maurane.Desmet@Ugent.be

Contact information

Type(s)

Public, Scientific

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Principal investigator

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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 dose-response 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