

# VETisnietVET.nl: The impact of a web-based interactive computer tailored intervention on weight gain related behaviours in youth

<b>Submission date</b> 11/04/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 11/04/2007	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Protocol
<b>Last Edited</b> 24/08/2012	<b>Condition category</b> 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**  
ZonMw: 3138

## Study information

## Scientific Title

### Study objectives

1. The intervention group will have a lower Body Mass Index (BMI)/waist circumference, compared to the control group at follow-up
2. The intervention group will have more favourable outcomes on the targeted behaviours, compared to the control group at follow-up
3. The intervention group will be more aware of their risk behaviours and have more positive attitudes, perceived behavioural control and intentions to change for their risk behaviours, compared to the control group at follow-up
4. Availability and accessibility of foods and physical activity opportunities moderates the intervention effects

In addition to testing these main hypotheses, secondary analysis will be performed to answer other relevant research questions.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Approval received from the local medical ethics committee (Medisch Ethische Toetsings Commissie Erasmus MC [METC]) on the 7th June 2006 (ref: MEC-2005-364).

### Study design

Randomised, controlled, parallel group trial

### Primary study design

Intentional

### Study type(s)

Quality of life

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

No condition, healthy person

### Interventions

Intervention group:

The pupils in the intervention schools will use a computer-tailored intervention on weight gain related behaviours (physical activity, sedentary behaviour, snack, fruit and vegetable, fibre and soft-drink consumption) during their first year of secondary school. The intervention will be used during school hours as part of the education program. The intervention will be used for an average of two hours (preferably divided by eight times 15 minutes) within ten subsequent weeks.

Control group:

The control group will receive regular school lessons. After two years the intervention will be available for the control group as well.

### Intervention Type

Other

**Phase**

Not Specified

**Primary outcome(s)**

1. BMI calculated from measured height and weight, at baseline and two year follow-up
2. Waist circumference measured between hip bone and lowest rib, at baseline and two year follow-up

**Key secondary outcome(s)**

1. Physical activity measured with self-report questionnaires plus pedometer counts (for part of the participants) at baseline, three months and two year follow-up
2. Physical condition measured with a shuttle-run-test at baseline and two year follow-up
3. Various dietary sub-behaviours, i.e. fruit and vegetable consumption, soft-drink consumption, snack consumption and fibre consumption measured with self-report questionnaires at baseline, three months and two year follow-up
4. Amount of television viewing/time spend with the computer measured with self-report questionnaires at baseline, three month and two year follow-up
5. Awareness of personal bodyweight status, overweight-related risk perceptions, weight maintenance attitudes, perceived behavioural control, and motivation to engage in weight maintenance behaviours, measured with self-report questionnaires at baseline, three months and two year follow-up
6. Determinants of change for the separate dietary, physical activity and sedentary behaviours, as measured by self-report questionnaires, distributed at baseline, three months and two year follow-up

**Completion date**

30/06/2009

**Eligibility****Key inclusion criteria**

Secondary schools (locations) in the municipal health organisation regions: Rotterdam and surrounding areas and Nieuwe Waterweg Noord.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Sex**

Not Specified

**Key exclusion criteria**

1. Schools (locations) where pupils have very low reading capacity (i.e. pupils that are not able to fill in a questionnaire)
2. Schools (locations) that offer special sports education (i.e. special sports schools)

3. Schools (locations) where the pupils could not be followed-up to the third year, i.e. schools that only provide education for the first two years of secondary education (onderbouw) and where the pupils could not be tracked to other

**Date of first enrolment**

01/06/2006

**Date of final enrolment**

30/06/2009

## **Locations**

**Countries of recruitment**

Netherlands

**Study participating centre**

**Erasmus Medical Centre**

Rotterdam

Netherlands

3000 CA

## **Sponsor information**

**Organisation**

Erasmus Medical Centre (The Netherlands)

**ROR**

<https://ror.org/018906e22>

## **Funder(s)**

**Funder type**

Research organisation

**Funder Name**

The Netherlands Organisation for Health Research and Development (ZonMw) (The Netherlands)

## **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?
<a href="#">Results article</a>	results	01/03/2012		Yes	No
<a href="#">Protocol article</a>	study protocol	12/11/2007		Yes	No
<a href="#">Other publications</a>	evaluation	01/03/2013		Yes	No