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

Submission date	Recruitment status
11/04/2007	No longer recruiting
Registration date	**Overall study status**
11/04/2007	Completed
Last Edited	**Condition category**
24/08/2012	Nutritional, Metabolic, Endocrine

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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
Interventional

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?
Results article	results	01/03/2012		Yes	No
Protocol article	study protocol	12/11/2007		Yes	No
Other publications	evaluation	01/03/2013		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes