# Sleep and lifestyle in school age children

Submission date	Recruitment status	<ul><li>Prospectively registered</li></ul>	
09/07/2015	No longer recruiting	☐ Protocol	
Registration date	Overall study status	Statistical analysis plan	
28/07/2015	Completed	[X] Results	
Last Edited	Condition category	Individual participant data	
18/08/2023	Signs and Symptoms		

### Plain English summary of protocol

Background and study aims

Sleep problems in school-aged children have increased threefold during the last 30 years. The amount of sleep that children and adolescents have appears to have reduced by about an hour over the last 100 years. Meanwhile, the number of overweight and obese children is increasing, putting those affected at risk of cardiovascular and other diseases. Both short and overly long periods of sleep are associated with being overweight as an adult. It is important to investigate the activity habits that may affect sleep, for example access to bedroom TV, time spent on computer, television and other screens, as well as exercise. The overarching aim of this study is to longitudinally (that is, over a period of time) investigate sleep and media habits, body image, activity and body mass index in school-aged children and adolescents.

### Who can participate?

All students in grades 1,4,8 at schools in the municipality of Lund.

#### What does the study involve?

Participants complete a survey questionnaire given during the regular visit to the school nurse. Height and weight are also measured at this time.

### What are the possible benefits and risks of participating?

One benefit of the survey might be that it opens up a possibility for the student to discuss sleep and lifestyle factors with the school nurse. A risk is that, although the study is a voluntary one, the students will assume that they have to participate because the school nurse requests them to. The school nurses are therefore carefully informed that they have to highlight the voluntary nature of the study.

Where is the study run from? Kristianstad University (Sweden)

When is the study starting and how long is it expected to run for? March 2008 to June 2020

Who is funding the study? Kristianstad University (Sweden)

## **Contact information**

### Type(s)

Scientific

#### Contact name

Mrs Pernilla Garmy

### **ORCID ID**

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#### Contact details

Kristianstad University Kristianstad Sweden 29188

## Additional identifiers

### Protocol serial number

N/A

## Study information

### Scientific Title

Sleep and lifestyle in school age children: a longitudinal study

## Study objectives

The study's hypothesis is that sleep and media habits, body image, exercise habits, academic success and body mass index are interrelated.

### Ethics approval required

Old ethics approval format

## Ethics approval(s)

- 1. Ethics Committee Lund University, 18/11/2009, ref: VEN 34-09
- 2. The Regional Ethical Review Board in Lund, 10/08/2011, ref: 2011/330
- 3. The Regional Ethical Review Board in Lund, 8/04/2015, ref: 2015/113

### Study design

Longitudinal design

## Primary study design

Observational

## Study type(s)

### Screening

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

Sleep problems, obesity

### **Interventions**

This is a longitudinal survey study where we are investigating sleep duration, BMI and media habits with questionnaires and height and weight measures. Each observation takes approximately 20 minutes (a visit at the school nurse) and this is repeated 4 times (in grades 1, 4, 8 and 10).

## Intervention Type

Other

### Primary outcome(s)

- 1. Sleep and media habits among school-aged children and adolescents. Survey at four time-points: grades 1, 4, 8 and 10. Survey questionnaire concerns sleep and media habits
- 2. Body Mass Index among school-aged children and adolescents. Height and lengths are measured by trained school nurses at four time-points: grades 1, 4, 8 and 10
- 3. Physical activity, body image and self-rated health among adolescents. Survey at two time-points: grades 8 and 10. Survey questionnaire concerns frequency of exercise, self-reported fitness, body image and self-rated health

### Key secondary outcome(s))

1. Validity and reliability test of the Minimal Insomnia Symptom Scale (MISS). Survey at two time-points: grades 8 and 10. Survey questionnaire consists of three questions concerning falling asleep, waking during the night and rested by sleep

## Completion date

30/06/2020

# **Eligibility**

## Key inclusion criteria

Current version as of 21/03/2018:

All students in grades 1, 4, 8 and 10 in seven municipalities in southern Sweden.

### Previous version:

All students at schools in the municipality of Lund in grades 1, 4, 8 and 10.

## Participant type(s)

Mixed

### Healthy volunteers allowed

No

### Age group

Child

### Sex

## Key exclusion criteria

Participants not meeting the inclusion criteria

## Date of first enrolment

15/08/2008

### Date of final enrolment

15/06/2019

## **Locations**

## Countries of recruitment

Sweden

# Study participating centre

**Kristianstad University** Kristianstad Sweden 29188

# Sponsor information

## Organisation

Kristianstad University

#### **ROR**

https://ror.org/00tkrft03

# Funder(s)

## Funder type

University/education

### Funder Name

Högskolan Kristianstad

### Alternative Name(s)

Kristianstad University, HKR

### **Funding Body Type**

### Government organisation

## **Funding Body Subtype**

Local government

### Location

Sweden

### **Funder Name**

SSSH (Association for Lund University Nurses)

### **Funder Name**

Stiftelsen Kempe-Carlgrenska Fonden

### Alternative Name(s)

The Kempe-Carlgrenska Foundation

### **Funding Body Type**

Private sector organisation

### **Funding Body Subtype**

Trusts, charities, foundations (both public and private)

### Location

Sweden

### **Funder Name**

Drottning Silvias barnsjukhus

### Alternative Name(s)

Queen Silvia Children's Hospital, Drottning Silvias barn- och ungdomssjukhus

### **Funding Body Type**

Private sector organisation

### **Funding Body Subtype**

Trusts, charities, foundations (both public and private)

### Location

Sweden

#### **Funder Name**

## The Fanny Ekdahl Foundation for Paediatric Research

### Funder Name

Svenska Försäkringsföreningen

## Alternative Name(s)

Swedish Insurance Society, SFF

## **Funding Body Type**

Private sector organisation

## **Funding Body Subtype**

Associations and societies (private and public)

### Location

Sweden

### **Funder Name**

The Ebba Danelius Foundation (of the Swedish Society of Nursing)

### Funder Name

The Swedish Sleep Research Society

## **Results and Publications**

Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Available on request

## Study outputs

Output type	Details	Date created Date added	Peer reviewed?	Patient-facing?
Results article	results	01/04/2012	Yes	No
Results article	results	01/12/2012	Yes	No
Results article	results	01/06/2014	Yes	No
Results article	results	01/03/2018	Yes	No
Results article		28/06/2022 18/08/2023	Yes	No
Results article		18/02/2020 18/08/2023	Yes	No

Results article		10/03/2022	18/08/2023 Yes	No
Results article		21/10/2021	18/08/2023 Yes	No
Results article		18/12/2019	18/08/2023 Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025 No	Yes