Evaluation of Free School Breakfast Initiative

[] Prospectively registered Submission date Recruitment status 26/08/2005 No longer recruiting [X] Protocol [] Statistical analysis plan Registration date Overall study status 21/10/2005 Completed [X] Results [] Individual participant data Last Edited Condition category 08/04/2016 Nutritional, Metabolic, Endocrine

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Prof Laurence Moore

Contact details

Cardiff Institute of Society Health and Ethics Cardiff University 53 Park Place Cardiff **United Kingdom CF10 3AT**

MooreL1@cf.ac.uk

Additional identifiers

Protocol serial number N/A

Study information

Scientific Title

Evaluation of Free School Breakfast Initiative: a randomised controlled trial

Study objectives

Provision of free school breakfasts will prospectively predict improved dietary behaviours, cognitive performance, positive attitudes to eating healthy breakfasts and school attendance.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Cardiff University Social Science Ethics Committee

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Nutritional health behaviours and cognitive performance

Interventions

Provision of free school breakfast versus no free breakfast

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

- 1. Cognitive performance
- 2. Dietary behavours
- 3. Attitudes to eating healthy breakfasts
- 4. School attendance

Outcomes assessed at baseline and 12 month follow up

Key secondary outcome(s))

Uptake of initiative

Completion date

31/08/2007

Eligibility

Key inclusion criteria

Primary school children in schools eligible to receive free school breakfasts in 9 LEAs across Wales. The majority of data collection will be conducted with years 5/6 but parents of a random sample of younger children will be asked to provide responses to questionnaires.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Sex

All

Key exclusion criteria

- 1. Participants not meeting the above inclusion criteria
- 2. Children with special educational needs will be excluded from testing at discretion of teaching staff

Date of first enrolment

01/09/2004

Date of final enrolment

31/08/2007

Locations

Countries of recruitment

United Kingdom

Wales

Study participating centre Cardiff University

Cardiff United Kingdom CF10 3AT

Sponsor information

Organisation

Welsh Assembly Government (UK)

ROR

https://ror.org/000wh6t45

Funder(s)

Funder type

Government

Funder Name

Welsh Assembly Government (UK) - Contract number 266/2003 (extension)

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	01/02/2011	Yes	No
Results article	results	25/06/2015	Yes	No
Protocol article	protocol	21/09/2007	Yes	No
Participant information sheet	Participant information sheet	11/11/2025 11/1	1/2025 No	Yes
Study website	Study website	11/11/2025 11/1	1/2025 No	Yes