

Evaluation of Free School Breakfast Initiative

Submission date 26/08/2005	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 21/10/2005	Overall study status Completed	<input checked="" type="checkbox"/> Protocol
Last Edited 08/04/2016	Condition category 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
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 behaviours
 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
Study website	Study website	11/11/2025	11/11/2025	No	Yes