

Evaluation of Free School Breakfast Initiative

Submission date 26/08/2005	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 21/10/2005	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 08/04/2016	Condition category Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Not provided at time of registration

Study website

<http://www.cf.ac.uk/socsi/cishe/pages/breakfast.html>

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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

Secondary study design

Randomised controlled trial

Study setting(s)

School

Study type(s)

Quality of life

Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

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 measure

1. Cognitive performance
2. Dietary behaviours

- 3. Attitudes to eating healthy breakfasts
 - 4. School attendance
- Outcomes assessed at baseline and 12 month follow up

Secondary outcome measures

Uptake of initiative

Overall study start date

01/09/2004

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

Age group

Child

Sex

Both

Target number of participants

120 schools (approximately 5000 for main part of study)

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)

Sponsor details
National Assembly for Wales
Cathays Park
Cardiff
United Kingdom
CF10 3NQ

Sponsor type
Government

Website
<http://www.wales.gov.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

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

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?
Protocol article	protocol	21/09/2007		Yes	No
Results article	results	01/02/2011		Yes	No
Results article	results	25/06/2015		Yes	No