

# Evaluation of Free School Breakfast Initiative

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

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## 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?
<a href="#">Protocol article</a>	protocol	21/09/2007		Yes	No
<a href="#">Results article</a>	results	01/02/2011		Yes	No
<a href="#">Results article</a>	results	25/06/2015		Yes	No