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Empowering parents of obese children: development and controlled evaluation of an obesity-specific parenting skills training

Submission date
12/10/2007

Recruitment status
No longer recruiting

Registration date
06/03/2008

Overall study status
Completed

Last Edited
16/11/2016

Condition category
Nutritional, Metabolic, Endocrine

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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
WA 1143 / 4-2

Study information

Scientific Title

Empowering Parents of Obese Children: development and controlled evaluation of an obesity-specific parenting skills training

Acronym
EPOC

Study objectives
A compact parent training enhancing "obesity-specific" parenting skills combined with written information and a training video contemporaneous with the inpatient training of the children leads to a greater reduction of percentage overweight (BMI-SDS) in the obese children and an improvement of children and parents' psychosocial variables one year after the end of intervention compared to a parent group only receiving written information.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics Committee of the University of Potsdam, 19/05/2006

Study design
Prospective randomised controlled study

Primary study design
Interventional

Study type(s)
Treatment

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

Interventions
Parent training course (intervention group) vs written information only (control group)

Parent training course:
Key activity: Cognitive-behavioral training, focusing on how parents can support their children at home in critical behavioural tasks (increasing physical activity, dietary changes).
Materials and techniques: Group discussions, role play, work sheets, introduction of critical situations (video), take-home video and take-home written information.
The participants will be taught by health professionals of the participating clinics (psychologists, pedagogues, nutritionists, dieticians, etc.)
Duration of the course: 2 days (in most instances weekend-course), 10 sessions, on average 50 minutes per session

Topics/contents of the written information provided to the control group:
1. Etiology of obesity
2. "Traffic light" diet
3. Advice on increasing activity (physical exercise and daily motor activity)
4. Dietary changes

Intervention Type

Other

Phase
Not Specified

Primary outcome(s)
BMI-SDS in children, assessed at T1, T2, T4, T5 and T6 (assessed by a physician, an interview and a questionnaire)

Timepoints:
T1: Start of the child's inpatient stay
T2: End of the child's inpatient stay
T3 (Applicable only for the intervention group; timepoint when a telephone booster session takes place) : One month after the child's inpatient stay
T4: Three months after the child's inpatient stay
T5: Six months after the child's inpatient stay
T6: Twelve months after the child's inpatient stay

Key secondary outcome(s))
1. Psychosocial variables of parents:
1.1. Self-efficacy, assessed at T1, T2, T4, T5 and T6 by questionnaires and an interview
1.2. Psychosocial strain, assessed at T1 and T6 by the Short Form (SF)-12 State of Health Questionnaire
1.3. Familial support, assessed at T1, T4, T5 and T6 by questionnaires and an interview
1.4. Feeding style, assessed at T1, T4, T5 and T6 by the Child Feeding Questionnaire (CFQ), Caregiver's Feeding Styles Questionnaire (CFSQ) and an interview

2. Psychosocial variables of children:
2.1. General quality of life, assessed at T1, T4, T5 and T6 by a children's quality of life questionnaire (KINDL)
2.2. Weight-related quality of life, assessed at T1, T2, T4, T5 and T6 by a weight-related quality of life questionnaire (GW-LQ-KJ) and an interview
2.3. General self-efficacy, assessed at T1, T2, T4, T5 and T6 by questionnaires
2.4. Weight-related self-efficacy, assessed at T1, T4, T5 and T6 by a weight-related self-efficacy questionnaire (GW-SW-KJ)
2.5. Eating behaviour, assessed at T1, T4, T5 and T6 by the Eating Behaviour Questionnaire (FKE-KJ)
2.6. Activity behaviour, assessed at T1, T4, T5 and T6 by the German Health Interview and Examination Survey for Children and Adolescents questionnaire
2.4. Familial support, assessed at T1, T4, T5 and T6 by a questionnaire
2.5. Psychosocial strain, assessed at T1 and T6 by the Strengths & Difficulties Questionnaire (SDQ)

Timepoints:
T1: Start of the child's inpatient stay
T2: End of the child's inpatient stay
T3 (Applicable only for the intervention group; timepoint when a telephone booster session takes place): One month after the child's inpatient stay
T4: Three months after the child's inpatient stay
T5: Six months after the child's inpatient stay
T6: Twelve months after the child's inpatient stay

Completion date
31/12/2012

Eligibility

Key inclusion criteria
Current inclusion criterria as of 16/05/2012:
1. Children aged 7-13 years
2. Duration of inpatient stay at least four weeks
3. BMI-SDS exceeding the 97th percentile
4. Informed consent to participate in the study and to participate in the parent training if randomised into the intervention group

Previous inclusion criteria:
1. Children aged 7-12 years
2. Duration of inpatient stay at least four weeks
3. BMI-SDS exceeding the 97th percentile
4. Informed consent to participate in the study and to participate in the parent training if randomised into the intervention group

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Lower age limit
7 years

Upper age limit
13 years

Sex
All

Key exclusion criteria
1. Inadequate German language skills of the parent
2. Secondary obesity as a consequence of other diseases
3. Major comorbid diseases
4. Major behavioural or psychiatric disorder of the child
5. Psychiatric disorder of the parent
6. Previous or concomitant parent training by other sources or accompaniment by the parent during the child's inpatient stay

Date of first enrolment
01/04/2007

Date of final enrolment
31/12/2012

Locations

Countries of recruitment
Germany

Study participating centre
University of Potsdam
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Sponsor information

Organisation
German Research Foundation (Deutsche Forschungsgemeinschaft) (Germany)

ROR
https://ror.org/018mejw64

Funder(s)

Funder type
Government

Funder Name
Deutsche Forschungsgemeinschaft

Alternative Name(s)
German Research Association, German Research Foundation, Deutsche Forschungsgemeinschaft (DFG), DFG

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Germany

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/08/2016		Yes	No
Results article	results	14/11/2016		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes