

HAT-TRICK: An innovative healthy eating and active living program for men

Submission date 28/07/2016	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 29/07/2016	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 30/08/2023	Condition category Cancer	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

Despite the health benefits associated with leading a healthy lifestyle, such as increased physical activity and a healthy diet, men are less likely than women to engage in healthy lifestyle behaviours. Yet, more Canadian males are diagnosed with and die from cancer than Canadian women each year. Therefore a need exists for innovative strategies of encouraging healthy lifestyle changes that appeal to men. Previous research in the area of men's health and physical activity suggests lifestyle programs must be tailored to reflect men's values and interests in order to successfully engage them. Recent research has also shown that aligning with professional/elite sports teams and clubs and delivering information in sport settings is one effective way to attract and engage men in healthy lifestyle behaviours. The HAT-TRICK program is an innovative and male-friendly approach to increasing physical activity, improving diet, and enhancing social connectedness for men living in the Okanagan Region of British Columbia, Canada. This 12-week, face-to-face program will be delivered in connection with the Kelowna Rockets Hockey team, a major junior ice hockey team that play in the Western Hockey League. The aim of this study is to investigate the effectiveness of this program and to find out if it is acceptable to men taking part.

Who can participate?

Men over the age of 40 who are overweight and do up to 150 minutes of exercise a week

What does the study involve?

All participants take part in the HAT-TRICK program, which consists of 90 minute sessions once a week for 12 weeks. Each 90-minute weekly session is led by trained research personnel and community experts in the areas of physical activity, healthy eating, and behaviour change. These experts include local health professionals (e.g. nutritionist, fitness trainer), Kelowna Rockets staff and players, as well as other community personalities. At the start of the study and then after the 12 week program and 9 months later, participants are interviewed about their opinions of the program and complete a number of questionnaires to measure their exercise levels, diet, social connectedness and quality of life. Participants are also weighed and measured, as well as having their blood pressure taken at these times.

What are the possible benefits and risks of participating?

Although no benefits can be guaranteed, potential benefits that may include; improvements in overall physical and mental health as a result of increased physical activity levels, improved understanding about the benefits of physical activity and other healthy lifestyle behaviours (i.e. healthy eating, stress management), increased social interaction and support. The study involves no foreseeable risks or harm to participants. However, participants will be asked to work towards meeting the minimum recommended Canadian Physical Activity Guidelines (150 minutes of exercise per week in bouts of 10 minutes or more). Becoming physically active and progressively increasing physical activity may potentially include some risk of injury, such as muscle soreness or strains associated with being physically active. To limit any concerns regarding these minor injuries, information about reducing this risk of injury, such as education about stretching and starting off slowly and building up physical activity levels will be provided during the weekly sessions.

Where is the study run from?

1. University of British Columbia (Canada)
2. Prospera Place (Canada)

When is the study starting and how long is it expected to run for?

February 2016 to February 2018

Who is funding the study?

Canadian Cancer Society Research Institute (Canada)

Who is the main contact?

1. Mr Paul Sharp (public)
2. Dr Cristina Caperchione (scientific)

Study website

<http://www.hattrick.ok.ubc.ca/>

Contact information

Type(s)

Public

Contact name

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Scientific

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Additional identifiers

EudraCT/CTIS number

Nil known

IRAS number**ClinicalTrials.gov number**

NCT03059199

Secondary identifying numbers

HAT-TRICK

Study information

Scientific Title

HAT-TRICK: Examining the feasibility of a gender-sensitive intervention focused on physical activity, healthy eating and connectedness in male hockey fans

Acronym

HAT-TRICK

Study objectives

The study's aims are to:

1. Evaluate the feasibility and acceptability of the proposed intervention program
2. Provide an estimate of effectiveness in order to refine the program model in preparation for conducting a randomized control trial (RCT)

Ethics approval required

Old ethics approval format

Ethics approval(s)

University of British Columbia's Behavioural Research Ethics Board, 22/04/2016, ref: H16-00736

Study design

Non-randomised feasibility study

Primary study design

Interventional

Secondary study design

Non randomised study

Study setting(s)

Community

Study type(s)

Prevention

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

Cancer prevention

Interventions

HAT-TRICK consists of 12 weekly, 90 minute sessions encompassing physical activity, healthy eating, and behaviour change techniques (e.g., social support, goal setting, self-monitoring). The program will be facilitated by research personnel trained in health promoting behaviours (i.e. physical activity and nutrition) and behaviour change techniques. In addition, community and club experts will lead some of the sessions (e.g. Athletic Therapist will lead a physical activity sessions and a local nutritionist will lead a nutrition session). Players of the hockey team will also visit the group during selected sessions to engage in the physical activity training with the men, further encouraging social support, connectedness and camaraderie. Including local experts and team 'insiders' will help to build a community-team partnership, which will be vital to future dissemination and sustainability. All components of the project have been designed with a gender-sensitive approach and all resources and materials will incorporate a masculine 'look and feel' and provide clear, positive, and direct messaging around physical activity and healthy eating.

Intervention Type

Behavioural

Primary outcome measure

Feasibility and acceptability of the program is measured at 12 weeks by:

1. Program satisfaction/acceptability questionnaire for all participants
2. Semi-structured telephone interviews with a sub-sample of the HAT-TRICK participant
3. Semi-structured interviews with guest presenters and club 'insiders'

Secondary outcome measures

1. Physical activity will be measured by the Actigraph GT3X+© accelerometer, worn by all participants during all waking hours over 7 consecutive days, and the Godin's Leisure Time Exercise Questionnaire (GLTEQ) at baseline, post-intervention (12 weeks) and at 9-months follow-up
2. Dietary behaviours will be assessed by the Dietary Instrument for Nutrition Education (DINE) questionnaire over 7 days of the study at baseline, post-intervention (12 weeks) and at 9-months

follow-up

3. Social connectedness will be assessed using the validated Relatedness to Others in Physical Activity (ROPA) Scale at baseline, post-intervention (12 weeks) and at 9-months follow-up

4. Quality of life will be assessed using the validated SF-36 at baseline, post-intervention (12 weeks) and at 9-months follow-up

5. Anthropometric data (height, weight, waist circumference, and blood pressure) is collected at baseline, post-intervention (12 weeks) and at 9-months follow-up

Overall study start date

01/02/2016

Completion date

01/02/2018

Eligibility

Key inclusion criteria

1. Men over the age of 40 years

2. Residing in the Okanagan Region of British Columbia Canada

3. Accumulate <150mins of moderate to vigorous physical activity a week

4. Have a BMI >28kg/m²

5. Pant size of >38"

Participant type(s)

Healthy volunteer

Age group

Adult

Sex

Male

Target number of participants

45

Key exclusion criteria

Not meeting inclusion criteria.

Date of first enrolment

01/08/2016

Date of final enrolment

01/02/2017

Locations

Countries of recruitment

Canada

Study participating centre
University of British Columbia
3333 University Way
Kelowna
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Study participating centre
Prospera Place
1223 Water Street
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Sponsor information

Organisation
University of British Columbia

Sponsor details
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Sponsor type
University/education

ROR
<https://ror.org/03rmrcq20>

Funder(s)

Funder type
Government

Funder Name
Canadian Cancer Society Research Institute

Alternative Name(s)
l'Institut de recherche de la Société canadienne du cancer, CCSRI, IRSCC

Funding Body Type

Private sector organisation

Funding Body Subtype

Associations and societies (private and public)

Location

Canada

Results and Publications

Publication and dissemination plan

Planned publications in a high-impact peer reviewed journal may include, but are not limited to, a protocol paper, feasibility paper, and/or outcomes paper. Dissemination will also occur via academic conferences and community-based presentations. Presentations and publications are planned for late 2017/early 2018.

Intention to publish date

31/01/2018

Individual participant data (IPD) sharing plan**IPD sharing plan summary**

Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article	protocol	06/09/2017		Yes	No
Results article	results	01/11/2018		Yes	No
Results article	Process evaluation	23/12/2020	30/08/2023	Yes	No