

# Efficacy of a school-based programme implemented by community agents in the prevention of eating and weight-related disorders

<b>Submission date</b> 22/12/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 07/02/2011	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Protocol
<b>Last Edited</b> 17/01/2019	<b>Condition category</b> Mental and Behavioural Disorders	<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

**Contact name**  
Dr David Sánchez-Carracedo

**Contact details**  
Dept. Psicología Clínica y de la Salud, Facultad de Psicología  
Universidad Autonoma de Barcelona  
Barcelona  
Spain  
08193  
+34 93 581 38 55  
david.sanchez@uab.es

## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**

Reduction of risk factors for eating and weight-related problems in secondary students by means of a prevention programme implemented by community agents previously formed

**Acronym**

MABIC

**Study objectives**

The effectiveness achieved by the programme when administered by experts (previous study) will be maintained when implemented by community agents previously formed, and the programme will be more effective in reducing the risk factors evaluated than the control group (no intervention) at the follow-up measures.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Clinical Research Ethical Committee of Parc Taulí Health Corporation, December 2008, ref: 2009-512

**Study design**

Cluster randomised controlled multi-centre trial

**Primary study design**

Interventional

**Study type(s)**

Prevention

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

Eating and weight-related disorders

**Interventions**

The trial will be carried out in twelve schools.

Six intervention schools, fourteen classes, approximately 400 participants (adolescent females and males).

Six control schools, fourteen classes, approximately 400 participants (adolescent females and males).

The prevention programme consists of two components:

1. Nutrition component (Nut): One 60-minute talk and one 60-minute activity session. Topics include: Balanced eating concept, concept and differentiation between eating and nutrition, nutrients, food pyramid and foods, importance of water. Activity consists of analysis of menus.
2. Media Literacy component (ML): Four 60-minute talks and two activity sessions (60-minute duration). The topics of the talks include: "Feminine beauty ideal", "Feminine beauty ideal in the media", and "How to deal with media messages". The activity sessions include analysis of advertising and writing model letters of complaint to the media.

One booster session will be implemented 6 month after the end of the last session. The programme is described in a manual: Raich, Sánchez-Carracedo, and López-Guimerà (2008). Eating, Feminine Beauty Ideal and the Media. How to train critical secondary students (Alimentación, modelo estético femenino y medios de comunicación. Cómo formar alumnos críticos en educación secundaria) (2nd edition) Barcelona: Graó. ISBN: 978-84-7827-644-8: <http://www.grao.com/libros/ficha.asp?ID=686>.

The intervention is partially based on a previous version informed in a previous trial (López-Guimerà, Sánchez-Carracedo, Fauquet, Portell, and Raich, in press), registered in ISRCTN with unique identifier ISRCTN07896919 (<http://www.controlled-trials.com/ISRCTN07896919>). In this case, the intervention will be implemented by community agents previously formed.

The training of community agents (teachers, nurses and health technicians from de cities councils), 20 hours duration, was performed in 2010, and is accredited by the Education Department of the Catalan Autonomous Government and the General Council for Continuing Education of Health Professions.

Classes assigned to intervention will received the program approximately one session per week for ten weeks. The control group only receiving classes as normal (not treatment)

Six schools from Sabadell will be allocated to intervention group. Six schools from neighboring towns of similar socio-cultural characteristics will be allocated to control group (no intervention)

Contact details of co-investigators:

Jordi Fauquet Ars ([jordi.fauquet@uab.cat](mailto:jordi.fauquet@uab.cat))

Gemma López-Guimerà ([gemma.lopez@uab.cat](mailto:gemma.lopez@uab.cat))

Juan Ramón Barrada ([juanramon.barrada@uab.cat](mailto:juanramon.barrada@uab.cat))

Joaquim Puntí ([Joaquim.punti@uab.cat](mailto:Joaquim.punti@uab.cat))

## **Intervention Type**

Other

## **Phase**

Not Applicable

## **Primary outcome(s)**

1. Sociocultural Attitudes Toward Appearance Scale -3
2. Children Eating Attitudes Test
3. Weight Control Behaviours (Inventory designed ad hoc)
4. Perception of Teasing Scale
5. Body Dissatisfaction and Drive for Thinness subscales from Eating Disorders Inventory -6. All the questionnaires in their Spanish adaptation. The primary and secondary outcomes were assessed at baseline, post-test (two weeks after the last activity "Letter of complaint to the media") and nine months follow-up

## **Key secondary outcome(s)**

The primary outcome measures above were assessed for participants who completed the "analysis of advertising" and the "letters of complaint to the media" activities, and by nutritional status (following International Obesity Task Force criteria).

## **Completion date**

10/01/2012

## Eligibility

### Key inclusion criteria

Second-grade (eight-grade in USA; 13 years) male and female students in Spanish secondary education

### Participant type(s)

Patient

### Healthy volunteers allowed

No

### Age group

Child

### Lower age limit

13 years

### Sex

All

### Key exclusion criteria

No exclusion criteria were used and intact classes participated.

### Date of first enrolment

10/01/2011

### Date of final enrolment

10/01/2012

## Locations

### Countries of recruitment

Spain

### Study participating centre

Universidad Autonoma de Barcelona

Barcelona

Spain

08193

## Sponsor information

## Organisation

Ministry of Science and Innovation (Ministerio de Ciencia e Innovación [MICINN]) (Spain)

## Funder(s)

### Funder type

Government

### Funder Name

Carlos III Institute of Health (Instituto de Salud Carlos III) (Spain) - Health Research Fund, Ministry of Science and Innovation (MICINN) (ref: PSI 2009-08956)

## 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?
<a href="#">Results article</a>	results	01/02/2016	17/01/2019	Yes	No
<a href="#">Protocol article</a>	protocol	12/10/2013		Yes	No