

# The 'läuft.' trial - a school-based multi-component program to establish a physically active lifestyle in adolescence

<b>Submission date</b> 24/09/2013	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 04/10/2013	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 18/11/2019	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Physical activity during childhood and adolescence is associated with substantial health benefits. However, only 22.7% of German adolescents are sufficiently physically active. Thus, the promotion of an active lifestyle in youth is an important aspect of public health. This study will evaluate the feasibility and effectiveness of the program in 8th grade students in Germany (Federal State of Schleswig-Holstein).

### Who can participate?

Students of public schools between 13 and 15 years of age.

### What does the study involve?

The Institute for Therapy and Health Research in cooperation with the Universities of Hamburg and Kiel developed the 'läuft.' program to improve physical activity in schoolchildren. Schools were randomly allocated to either the control group (treatment as usual) or the intervention group (läuft program). 'läuft.' is a school-based program that targets different levels: students, classes, schools and parents. The main components are two class competitions. On the one hand, each student receives a pedometer and documents his/her steps using an interactive user account on the 'läuft.' homepage. Classes achieving the highest step totals will be awarded. On the other hand, classes will be invited to implement and document physical activity-related school projects. The most creative and inventive ideas will also be awarded. Additionally, classes take part in educational lessons. Parents will receive information material about the benefits of physical activity and how they can support their children to engage in a physically active lifestyle. The headmaster and teaching staff of the participating schools will get information material with suggestions and encouragement to enhance physical activity in school. Information about students' physical activity-related attitudes and behavior will be assessed by questionnaires. In addition, physical fitness and parameters such as weight, height and blood pressure will be determined.

What are the possible benefits and risks of participating?

Participating schools will be provided with intervention material (pedometers, information material and teaching material) and will receive incentives for their effort.

Where is the study run from?

About 100 secondary schools in the Federal State of Schleswig-Holstein in Germany.

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

The study will start in November 2013 and will run until July 2015. In November and December 2013 the recruitment of participants will be conducted. Assessments will be carried out by trained research staff at three times: before the start of the program (January/February 2014), immediately after the program (June/July 2014), and one year after the program (June/July 2015).

Who is funding the study?

German Cancer Aid

Who is the main contact?

Prof. Reiner Hanewinkel  
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## Contact information

### Type(s)

Scientific

### Contact name

Prof Reiner Hanewinkel

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## Additional identifiers

### Protocol serial number

N/A

## Study information

### Scientific Title

The 'läuft.' trial - a cluster randomized-controlled study of a school-based multi-component program to establish a physically active lifestyle in adolescence

### Study objectives

'läuft.' shows an effect on physical-activity related attitudes and behavior, sedentary behavior and cardiovascular risk factors (Body Mass Index, blood pressure, body composition and cardiovascular fitness).

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

1. The ethics committee of the German Psychological Society (DGPs), 18/10/2012
2. The Ministry of Education and Science of Schleswig-Holstein, 10/07/2013

### **Study design**

Cluster randomized controlled trial

### **Primary study design**

Interventional

### **Study type(s)**

Quality of life

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

Establishing a physical active lifestyle and improve health and fitness in youth

### **Interventions**

Intervention schools: implementation of the 'läuft.' program

Control schools: treatment as usual

Data collection in 3 waves

Unit of allocation: schools

Intervention: The 'läuft.' targets four different levels:

1. Each student receives a pedometer and documents his/her steps over 12 weeks using an interactive user account on the 'läuft.' homepage.
2. On class level there will be different competitions. The classes that achieve the most steps in selected weeks, the highest increases of steps and that develop the most inventive ideas to promote physical activity in school will be awarded. Besides, the intervention includes four educational lessons.
3. The headmaster and teaching staff of the participating schools will get information material with suggestions and encouragement to enhance physical activity in school. Participating teachers will be invited to an introductory seminar.
4. Parents will be involved with informational material about the program and will be invited to a parent-teacher conference about benefits of being physical active and how they can support their children to engage in a physical active lifestyle.

The intervention duration is 12 weeks. Before, immediately after and one year after the intervention assessments will be conducted in both groups.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

Lifestyle behavior concerning physical activity and sedentary behavior, physical activity-related psychological and social constructs as well as cardiovascular fitness, Body Mass Index, blood pressure, body composition (fat mass) and waist circumference before, at the end and 12 months after the intervention.

**Key secondary outcome(s))**

Given impulses with regard to physical activity and activating strategies will be assessed qualitatively at the end of the intervention.

**Completion date**

31/07/2015

**Eligibility****Key inclusion criteria**

1. Students of public schools
2. Aged between 13 and 15 (8th grade), either sex

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

13 years

**Upper age limit**

15 years

**Sex**

All

**Total final enrolment**

1020

**Key exclusion criteria**

1. Schools for disabled students
2. Missing parental consent

**Date of first enrolment**

01/11/2013

**Date of final enrolment**

31/12/2013

# Locations

## Countries of recruitment

Germany

## Study participating centre

IFT-Nord Institute for Therapy and Health Research

Kiel

Germany

24114

# Sponsor information

## Organisation

German Cancer Aid (Germany)

## ROR

<https://ror.org/01wxdd722>

# Funder(s)

## Funder type

Charity

## Funder Name

German Cancer Aid (Germany) (ref: 110012)

# 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	01/12/2015		Yes	No
<a href="#">Results article</a>	1-year follow-up results	01/10/2018	18/11/2019	Yes	No

<a href="#">Protocol article</a>	protocol	05/12/2013		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes