

# Acute effect of exercise on attention in children

<b>Submission date</b> 20/06/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 03/08/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 27/10/2016	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

### Protocol serial number

N/A

## Study information

### Scientific Title

Acute effect of exercise on attention in children

**Acronym**

LEAPFROG ACUTE

**Study objectives**

There is increasing evidence that children lead sedentary lives. An inactive lifestyle not only increases risk of obesity and metabolic disease, but may also have adverse effects on cognitive function. However, effects of physical activity on cognition in children are unclear and two recent systematic reviews or meta analyses have called for new randomised controlled trials (RCT).

The aims of the study are:

1. To test the hypothesis that an acute bout of aerobic exercise might have effects on attention in 6-8 year olds
2. To pilot for a future larger scale RCT

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

University of Glasgow Medical Faculty Ethics Committee (project number: FM03605)

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Obesity

**Interventions**

Intervention group: acute bout of aerobic exercise for 30-40 minutes

Control: sedentary behaviour for 30-40 minutes

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Attention - measured using the Attentional Network Task (ANT)

**Key secondary outcome(s)**

Process evaluation (intensity of the acute bout of exercise, using accelerometry)

**Completion date**

01/08/2007

# Eligibility

## Key inclusion criteria

1. Healthy children aged 6-8 years attending mainstream primary schools

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Child

## Lower age limit

6 years

## Upper age limit

8 years

## Sex

All

## Key exclusion criteria

1. Diagnosis of any disorder of attention or memory

## Date of first enrolment

01/06/2006

## Date of final enrolment

01/08/2007

# Locations

## Countries of recruitment

United Kingdom

Scotland

## Study participating centre

Division of Developmental Medicine

Glasgow

United Kingdom

G3 8SJ

# Sponsor information

**Organisation**

Yorkhill Hospital NHS Trust (UK)

**Funder(s)****Funder type**

Charity

**Funder Name**

Yorkhill Children's Foundation Studentship

**Results and Publications****Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration