

Bristol Girls Dance Project: a cluster randomised controlled trial of an after-school dance programme to increase physical activity among 11-12 year old girls

Submission date 12/04/2013	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 25/04/2013	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 07/10/2016	Condition category Other	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

Many children do not do enough physical activity. Girls are less active than boys. Getting low-active girls to do more physical activity would improve their hearts, lungs, and mental well-being. There is a lack of studies that focus on ways to help girls to be physically active. Dance is an activity that appeals to many girls and could engage low-active girls in physical activity. The Bristol Girls Dance Project (BGDP) is a study that aims to examine; a) whether participating in an after-school dance programme positively affects the physical activity levels of Year 7 girls, and b) the cost-effectiveness of this approach.

Who can participate?

The study will take place in 18 state maintained secondary schools in the greater Bristol area. We aim to recruit up to 33 Year 7 girls from each school to take part in the study.

What does the study involve?

To determine how well the programme works on children, there will be nine schools that receive the after-school dance programme (intervention schools), and nine schools that do not (control schools). The schools will be randomly allocated to the 'intervention' or 'control' group of the study. The dance programme will be led by expert dance instructors, and there will be 2x75 minute sessions per week in each of the nine schools (40 sessions overall). We will examine whether the intervention results in higher levels of physical activity at the end of a 20-week dance programme. We will also assess if this effect is maintained once the programme has ended. We will monitor all financial expenditure against a formal checklist.

What are the possible benefits and risks of participating?

The main potential risk is that a girl may develop a minor sport injury

Where is the study run from?

18 state maintained secondary schools in the greater Bristol area

When is the study starting and how long is it expected to run for?
April 2013 to August 2015

Who is funding the study?
National Institute of Health Research (NIHR) Public Health Research Programme (UK)

Who is the main contact?
Dr Mark Edwards
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Study website
<http://www.active-7.org>

Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
NIHR PHR 11/3050/01

Study information

Scientific Title
Bristol Girls Dance Project: a cluster randomised controlled trial of an after-school dance programme to increase physical activity among 11-12 year old girls

Acronym

Active7

Study objectives

The main hypothesis is that participating in an after-school dance intervention will increase the physical activity levels of Year 7 girls, and that these effects will be maintained a year after the baseline measures have been taken - when the intervention has been removed.

Ethics approval required

Old ethics approval format

Ethics approval(s)

School for Policy Studies Ethics Committee, University of Bristol, 07/02/2013

Study design

Cluster randomised controlled trial with school as the unit of randomisation

Primary study design

Interventional

Secondary study design

Cluster randomised trial

Study setting(s)

School

Study type(s)

Quality of life

Participant information sheet

Not available in web format, please use the contact details to request an information sheet

Health condition(s) or problem(s) studied

Physical activity

Interventions

2x75 minute after-school dance sessions per week for 20 weeks (i.e. 2 school terms).

Intervention Type

Behavioural

Primary outcome measure

Accelerometer-derived mean minutes of moderate to vigorous intensity physical activity (MVPA) on a weekday

Secondary outcome measures

1. Mean weekend minutes of MVPA
2. Mean weekday accelerometer counts per minute
3. Mean weekend accelerometer counts per minute
4. Mean minutes of sedentary time per weekday
5. Self-reported autonomy competence, relatedness, perceived parental support and self esteem

- 6. Mean EQ-5D-Y scores
- 7. Height and weight of study participants
- 8. Participant and programme costs

Overall study start date

01/04/2013

Completion date

31/08/2015

Eligibility

Key inclusion criteria

Year 7 girls in participating schools

Participant type(s)

Other

Age group

Child

Sex

Female

Target number of participants

Between 450-594 Year 7 girls (who are physically able to participate in PE lessons) with a cluster size of 25-33 per school, from 18 secondary schools in the Greater Bristol area.

Key exclusion criteria

Girls who are unable to take part in usual PE lessons will be excluded

Date of first enrolment

01/04/2013

Date of final enrolment

31/08/2015

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

University of Bristol
Bristol
United Kingdom
BS8 1TZ

Sponsor information

Organisation

University of Bristol (UK)

Sponsor details

Research and Enterprise Development
3rd Floor, Senate House
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United Kingdom
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Sponsor type

University/education

Website

<http://www.bristol.ac.uk/red/>

ROR

<https://ror.org/0524sp257>

Funder(s)

Funder type

Government

Funder Name

National Institute for Health Research (NIHR) Public Health Research Programme. Grant number: 11/3050/01

Alternative Name(s)

National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

United Kingdom

Results and Publications

Publication and dissemination plan

Not provided at time of registration

Intention to publish date

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?
Protocol article	protocol	24/10/2013		Yes	No
Results article	results	06/10/2015		Yes	No
Results article	results	08/01/2016		Yes	No
Results article	results	01/05/2016		Yes	No