

# 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

<b>Submission date</b> 12/04/2013	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 25/04/2013	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 07/10/2016	<b>Condition category</b> 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  
m.j.edwards@bristol.ac.uk

**Study website**  
<http://www.active-7.org>

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Mark Edwards

**Contact details**  
Centre for Exercise, Nutrition and Health Sciences  
School for Policy Studies  
8 Priory Road  
Bristol  
United Kingdom  
BS8 1TZ  
+44 (0)117 331 1011  
m.j.edwards@bristol.ac.uk

## 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  
Tyndall Avenue  
Bristol  
England  
United Kingdom  
BS8 1TH  
+44 (0)117 928 8676  
Red-Office@bristol.ac.uk

### **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?
<a href="#">Protocol article</a>	protocol	24/10/2013		Yes	No
<a href="#">Results article</a>	results	06/10/2015		Yes	No
<a href="#">Results article</a>	results	08/01/2016		Yes	No
<a href="#">Results article</a>	results	01/05/2016		Yes	No