

# 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

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| <b>Submission date</b><br>12/04/2013   | <b>Recruitment status</b><br>No longer recruiting | <input type="checkbox"/> Prospectively registered<br><input checked="" type="checkbox"/> Protocol |
| <b>Registration date</b><br>25/04/2013 | <b>Overall study status</b><br>Completed          | <input type="checkbox"/> Statistical analysis plan<br><input checked="" type="checkbox"/> Results |
| <b>Last Edited</b><br>07/10/2016       | <b>Condition category</b><br>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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## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Mark Edwards

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## Additional identifiers

**Protocol serial number**  
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

**Study type(s)**

Quality of life

**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(s)**

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

**Key secondary outcome(s)**

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

**Completion date**

31/08/2015

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

Year 7 girls in participating schools

**Participant type(s)**

Other

**Healthy volunteers allowed**

No

**Age group**

Child

**Sex**

Female

**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**

United Kingdom

England

**Study participating centre**

**University of Bristol**

Bristol

United Kingdom

BS8 1TZ

**Sponsor information**

**Organisation**

University of Bristol (UK)

**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

### 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       | 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              |
| <a href="#">Protocol article</a> | protocol      | 24/10/2013   |            | Yes            | No              |
| <a href="#">Study website</a>    | Study website | 11/11/2025   | 11/11/2025 | No             | Yes             |