

# Impact on student health status of a training program of university student as health promoters

<b>Submission date</b> 21/11/2012	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 06/12/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 15/07/2016	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

In studies of students at the National Autonomous University of Mexico, it was detected that 40% of students are overweight or obese as a consequence of their unhealthy lifestyles. Paradoxically, students of the Health Sciences careers (Medicine, Nursing, Odontology, and Psychology) had a higher incidence of overweight and obesity than students in the Biological-Chemical Sciences (Biology, Chemical Engineering, Pharmaceutical Chemistry and Biochemical), suggesting that their academic education linked with health promotion is not sufficient to change their lifestyles. The aim of this study is determine the impact of a training program for university students as health promoters.

### Who can participate?

Undergraduate students studying Medicine, Nursing, Odontology, Psychology, Biology, Biological/Pharmacological Chemistry and Chemical Engineering

### What does the study involve?

Participants are randomly allocated into two groups. One group receive training as health promoters, covering topics such as healthy eating, physical activity, addiction prevention, conflict management and self-esteem. The other group do not receive any training until after the end of the study. Both groups complete a healthy lifestyle questionnaire and parameters related to health status (weight, body mass index, waist circumference, hip circumference) are measured before and after training and after six months.

### What are the possible benefits and risks of participating?

Not provided at time of registration

### Where is the study run from?

Faculty of Higher Studies-Zaragoza of the National Autonomous University of Mexico (FES-Zaragoza, UNAM)

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

April 2012

Who is funding the study?

National Autonomous University of Mexico

Who is the main contact?

Dr Víctor Manuel Mendoza-Núñez

## Contact information

### Type(s)

Scientific

### Contact name

Dr Víctor Manuel Mendoza-Núñez

### Contact details

Guelatao # 66

Colonia Ejercito de Oriente

Delegación Iztapalapa

Mexico, D.F.

Mexico

09230

## Additional identifiers

### Protocol serial number

N/A

## Study information

### Scientific Title

Impact on student health status of a training program of university student as health promoters: a randomized trial

### Study objectives

The health-promoting university model incorporates health promotion in its educative and work project with the purpose of fostering human development and improving the QOL of those who study. At same time, to form these as monitors or promoters of healthy behavior among partners and at the familial level or in their future work environments and in the society in general. Therefore, we hypothesized that the students group trained as health promoters will show better health status than control group; besides of the multiplicator affect their healthy behavior.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Not provided at time of registration

**Study design**

Prospective randomized single trial

**Primary study design**

Interventional

**Study type(s)**

Quality of life

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

Overweight, obesity, underweight, depression and addictions

**Interventions**

Experimental group will receive training in order to form these as university student health promoters through e-learning (a course for the formation of health promoters) imparted by experts, in which the topics established for a University Health Promoter will be reviewed (healthy eating, physical activity, addiction prevention, conflict management, self-esteem, etc).

**Intervention Type**

Behavioural

**Primary outcome(s)**

Improved healthy lifestyles

**Key secondary outcome(s))**

1. Less prevalence of overweight, obesity, underweight
2. Less prevalence of depression
3. Less prevalence of addictions

**Completion date**

01/12/2015

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

Experimental group: Incoming students with available time and interest to form and participate actively as university health promoter and continue the healthy lifestyle program in college.

Control group: New students who agree to fill the self-efficacy questionnaire and participate in measuring health parameters of self-care card at baseline and at 6 months, and then participate in the program to train as health promoter.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Students with chronic uncontrolled disease
2. Those who do not agree to participate in the study

**Date of first enrolment**

04/03/2012

**Date of final enrolment**

01/12/2015

## Locations

**Countries of recruitment**

Mexico

**Study participating centre**

**Guelatao # 66**

Mexico, D.F.

Mexico

09230

## Sponsor information

**Organisation**

National Autonomous University of Mexico [UNAM] (Mexico)

**ROR**

<https://ror.org/01tmp8f25>

## Funder(s)

**Funder type**

University/education

**Funder Name**

National Autonomous University of Mexico (Mexico)

# 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="#">Protocol article</a>	protocol	22/02/2013		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes