

# The prevention of lower extremity physical activity injuries: a school-based randomised controlled trial in children aged 10 - 12 years

<b>Submission date</b> 08/03/2006	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 08/03/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 15/08/2011	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
NTR580

## Study information

**Scientific Title**

**Acronym**

iPlay

**Study objectives**

The promotion of safe sports participation proves effective in a physical education setting, resulting in a reduction of lower extremity injuries in children.

Please note that as of 19/12/2008 the anticipated start and end dates in this record were amended. The previous dates are as follows:

Initial anticipated start date: 01/10/2005

Initial anticipated end date: 01/10/2008

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

The Medical Ethics Committee of Vrije University Medical Centre approved the study design, protocols and informed consent procedures on 6th July 2006

**Study design**

Randomised active controlled parallel group trial

**Primary study design**

Interventional

**Study type(s)**

Prevention

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

No condition, healthy person

**Interventions**

The study will be carried out during one school year in primary schools, reaching boys and girls aged 10 - 12 years (7th and 8th grade). Schools will serve as randomisation units to avoid spill-over of the intervention within schools and to enhance control over intervention adherence and compliance.

The injury prevention programme aimed at lower extremity injuries in children aged 10 - 12 years was constructed based on an intervention mapping protocol. In general the injury prevention programme focuses on injury prevention in general and focuses on injury awareness, physical fitness and coordination (motor control). In addition the programme focuses on soccer, tennis, basketball, inline skating and snowboarding. These are the most commonly practiced activities in this age group. The injury prevention programme will be given by the children's teachers as a 9 month course.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

1. Incidence of lower extremity injuries
2. Costs associated with lower extremity injuries

Primary and secondary outcomes measured September/October 2006 and June/July 2007.

**Key secondary outcome(s)**

Change in attitudes and behaviour with regards to injury and injury prevention. Primary and secondary outcomes measured September/October 2006 and June/July 2007.

**Completion date**

30/07/2007

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

Primary schools: boys and girls aged 10 - 12 years.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

10 years

**Upper age limit**

12 years

**Sex**

All

**Key exclusion criteria**

Does not comply with the above inclusion criteria

**Date of first enrolment**

01/09/2006

**Date of final enrolment**

30/07/2007

**Locations****Countries of recruitment**

Netherlands

**Study participating centre**  
VU University Medical Center  
Amsterdam  
Netherlands  
1081 BT

## Sponsor information

**Organisation**  
Vrije University Medical Centre (VUMC) (The Netherlands)

**ROR**  
<https://ror.org/00q6h8f30>

## Funder(s)

**Funder type**  
Research organisation

**Funder Name**  
The Netherlands Organisation for Health Research and Development (ZonMw) (The Netherlands)

## 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	23/11/2010		Yes	No