

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

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|--|---|---|
| Submission date 08/03/2006 | Recruitment status No longer recruiting | <input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol |
| Registration date 08/03/2006 | Overall study status Completed | <input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results |
| Last Edited 15/08/2011 | Condition category 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? |
|---------------------------------|---------|--------------|------------|----------------|-----------------|
| Results article | results | 23/11/2010 | | Yes | No |