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Sociocultural factors and eating disorders in adolescence: evaluation of a school-based prevention program

Submission date	Recruitment status	[_] Prospectively registered
30/06/2007	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
05/11/2007	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
04/07/2019	Mental and Behavioural Disorders	

Plain English summary of protocol
Not provided at time of registration

Study website
http://www.psych.uni-potsdam.de/counseling/research/sozio-faktoren.html

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
Förderkennzeichen 01EL0408

Study information

Scientific Title
Sociocultural factors and eating disorders in adolescence: evaluation of a school-based prevention program

Acronym
POPS (Potsdamer prävention an schulen)

Study objectives
The participants of the prevention program show less symptoms of disordered eating and related risk factors 3 and 12 months after the program (compared to the control group).

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from the ethics committee of the University of Potsdam on the 11th December 2006 (ref: 3/22).

Study design
Randomised controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Prevention

Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied
Eating disorders

Interventions
The participants who are randomised to the intervention group will receive the prevention program. Trained teachers will carry out 9 sessions of regular classes, 1 - 2 sessions a week, 45 minutes each. During the classes they will teach the participants about nutrition and well-being, media competency, self-esteem, problem solving, stress management, and dealing with

appearance-related social pressure. Materials and methods include DVDs, games, discussions, quizzes, leaflets, questionnaires, homework and teamwork.

The participants allocated to the control group do not receive any intervention. They will receive the same training on the program after the evaluation of the program based on this trial is completed.

Intervention Type
Other

Phase
Not Specified

Primary outcome measure
Symptoms of eating disorders, measured at 3 and 12 months after completion of the program using the following:
1. Eating Attitudes Test (EAT)
2. Eating Disorder Inventory (EDI)
3. Eating Disorder Examination (EDE)

Secondary outcome measures
Current secondary outcome measures as of 16/10/2008:
Risk and protective factors assessed at 3 and 12 months after completion of the programme using the following:
1. Sociocultural Attitudes Towards Appearance Questionnaire (SATAQ)
2. Appearance Schema Inventory (ASI)
3. Coping
4. Body dissatisfaction, assessed by the Contour Drawing Rating Scale (CDRS) and the Eating Disorder Inventory - Body Dissatisfaction (EDI-BD)
5. Appearance related social pressure questionnaire (Fragebogen zum aussehensbezogenen sozialen
Druck [FASD])

Please note that the changes are due to errors in the information submitted at time of registration.

Secondary outcome measures provided at time of registration:
Risk and protective factors assessed at 3 and 12 months after completion of the programme using the following:
1. Sociocultural Attitudes Towards Appearance Questionnaire (SATAQ)
2. Appearance Schema Inventory (ASI)
3. Coping
4. Body dissatisfaction

Overall study start date
01/07/2006

Completion date
30/06/2009

Eligibility

Key inclusion criteria
Adolescents Grade 7 - 9 (12 - 16 years).

Participant type(s)
Patient

Age group
Child

Lower age limit
12 Years

Upper age limit
16 Years

Sex
Both

Target number of participants
1,200

Total final enrolment
1112

Key exclusion criteria
Does not comply with above criteria.

Date of first enrolment
01/07/2006

Date of final enrolment
30/06/2009

Locations

Countries of recruitment
Germany

Study participating centre
Karl-Liebknecht-Strasse 24-25
Potsdam
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14476

Sponsor information

Organisation
Federal Ministry of Education and Research (BMBF) (Germany)

Sponsor details
German Aerospace Center (DLR)
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Sponsor type
Government

Website
http://www.pt-dlr.de

ROR
https://ror.org/04pz7b180

Funder(s)

Funder type
Government

Funder Name
Federal Ministry of Education and Research (BMBF) (Germany) (Registration number: 01EL0607)

Alternative Name(s)
Federal Ministry of Education and Research, BMBF

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Germany

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?
Results article	results	01/08/2011	04/07/2019	Yes	No
Results article	results	01/09/2016	04/07/2019	Yes	No
Results article	results	01/09/2015	04/07/2019	Yes	No
Results article	results	01/06/2018	04/07/2019	Yes	No