

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

<b>Submission date</b> 30/06/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 05/11/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 04/07/2019	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## 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

### Contact name

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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

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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?
<a href="#">Results article</a>	results	01/08/2011	04/07/2019	Yes	No
<a href="#">Results article</a>	results	01/09/2016	04/07/2019	Yes	No
<a href="#">Results article</a>	results	01/09/2015	04/07/2019	Yes	No
<a href="#">Results article</a>	results	01/06/2018	04/07/2019	Yes	No