

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

Submission date
30/06/2007

Recruitment status
No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date
05/11/2007

Overall study status
Completed

☐ Statistical analysis plan

☒ Results

Last Edited
04/07/2019

Condition category
Mental and Behavioural Disorders

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

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

Study type(s)

Prevention

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(s)

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)

Key secondary outcome(s)

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

Completion date

30/06/2009

Eligibility**Key inclusion criteria**

Adolescents Grade 7 - 9 (12 - 16 years).

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

12 years

Upper age limit

16 years

Sex

All

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

Germany

14476

Sponsor information

Organisation

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

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 Research, Technology and Space, Bundesministerium für Bildung und Forschung, Federal Ministry of Education and Research, BMBF

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

Germany

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	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
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes