

# Implementation evaluation of the school-based weight gain prevention program - [Dutch Obesity Intervention in Teenagers] (DOiT)

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<b>Registration date</b> 28/11/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 06/11/2015	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

The Dutch Obesity Intervention in Teenagers (DOiT) is a school-based program to prevent weight gain in 12 to 14 year old students. We are carrying out a study at 20 schools implementing the DOiT program to compare the quality of implementation of the program. Our goal is to find factors that help or hinder the DOiT program so that we can adjust the strategy of the program and thereby prevent weight gain in Dutch adolescents.

### Who can participate?

Teachers, students and their parents at prevocational schools in the Netherlands.

### What does the study involve?

Participating schools are randomly allocated to either the intervention group or the control group. Students at the intervention group schools participate in the DOiT program. Students at the control group schools receive regular education. Before the start of the DOiT program and after 20 months, we measure the students' body weight, height, skinfold thickness, waist and hip circumference, and students complete a diet and physical activity questionnaire. After each DOiT lesson teachers complete a log, and at the start of the study and after 10 and 20 months teachers complete a questionnaire about the factors that help or hinder the implementation of DOiT. At the end of each school year a subgroup of teachers and the coordinator are invited for an in-depth interview to gain more insight into the implementation of the DOiT program.

### What are the possible benefits and risks of participating?

Students who take part in the DOiT lessons will be supported to change their diet and physical activity levels. There are no risks to participants.

### Where is the study run from?

At prevocational schools throughout the Netherlands.

### When is the study starting and how long is it expected to run for?

February 2011 to July 2013.

Who is funding the study?  
SNS REAAL Fonds, The Netherlands.

Who is the main contact?  
Femke van Nassau

## Contact information

**Type(s)**  
Scientific

**Contact name**  
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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
Exploring facilitating factors and barriers to the nationwide dissemination of a Dutch school-based weight gain prevention program "DOiT"

**Acronym**  
DOiT

**Study objectives**  
It is hypothesised that the students who receive the fully implemented DOiT program will be less overweight and will have more healthy energy-balance related behaviours compared to students who receive regular education at the control schools.

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**  
VU University Medical Center Ethics Board, 11/07/2011 ref: 2011/216

**Study design**  
Cluster-controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Prevention

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

Overweight adolescents

## **Interventions**

DOiT is a school-based overweight prevention program for 12 to 14-year olds. DOiT focuses on five EBRBs:

1. Reducing intake of sugar-sweetened beverages
2. Reducing intake of high-energy snacks
3. Reducing screen time
4. Increasing levels of physical activity (i.e. active transport and sports participation)
5. Daily and healthy breakfast consumption

The program consists of a classroom, an environmental and a parental component. The program covers twelve fixed theory lessons, four physical education (PE) lessons, equally divided over two school years, and three optional additional lessons.

1. The theory lessons in year one aim to increase awareness and knowledge of EBRBs. The lessons in year two focus on the influence of the (obesogenic) environment.
2. The environmental component aims to raise awareness of the school environment, finding solutions to reduce negative influences within the environment and setting a plan for improvement.
3. The parental component focuses on stimulating social support of the parents and raising awareness of the availability and accessibility of healthy products and activities in the home environment.

The DOiT materials include a 'schoolbook' accompanied by worksheets, a student toolkit (pedometer, food/exercise diary and an online computer-tailored advice) and a parental information booklet.

DOiT is supported by an extensive teacher manual with a login for extra materials provided at the DOiT website.

Students at control schools receive regular education (no treatment).

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

The primary outcome is the dissemination process measured by teacher questionnaires, logbooks and interviews.

Teacher questionnaire

At baseline, 10 months and 20 months, all teachers involved in the implementation of DOiT are asked to complete an online questionnaire about the impeding and facilitating factors of the

implementation of DOiT. The majority of the questionnaire consists of structured questions, measured on a bipolar five-point Likert scale. A few open-ended questions are added. The questionnaire is based on existing questionnaires, used in the previous DOiT evaluation and the Krachtvoer evaluation study. The questionnaire contains questions regarding the context, recruitment, satisfaction, maintenance, and potential relevant implementation-related determinants of the program. Additionally, the questionnaire contains items on other ongoing studies and other innovations or school health-promotion programs.

#### Teacher logbook

After each lesson teachers are requested to complete an online log. Completing the log takes approximately 5 minutes per lesson. Using this log, we aim to administer completeness of implementation by having teachers indicate if the lesson was taught, when it was taught and how the lesson was prepared and implemented. Teachers can tick off what activities were executed in preparation of the lesson on a list of proposed activities according to the teacher manual and how much time they spend on these activities. Teachers tick off what materials were used during the lesson, what lesson activities were implemented and if the implementation complied with the prescription in the teacher manual. Finally, teachers report how much time they spent in the classroom and rate their satisfaction with the lesson on a ten point rating scale.

#### Interview

At the end of each school year, i.e. in total two times during the research period, a sub-group of teachers and the coordinator are invited for an in-depth interview to gain more insight into the implementation of the DOiT program, its content, recruitment, fidelity and satisfaction with the dissemination strategy, and overall satisfaction with DOiT. Furthermore, facilitators and barriers for implementation, intentions and opportunities for future implementation of DOiT are discussed.

#### **Key secondary outcome(s)**

The secondary outcome is the effect of the program on the students' objectively measured body mass index, skinfold thickness and waist circumference and self-reported energy balance-related behaviours among students.

#### Body composition

Before the start of DOiT and after 20 months, we measure body weight, body height, skinfold thickness, waist and hip circumference.

1. Body weight is measured and recorded within 0.1 kg with a calibrated electronic flat scale (Seca 888).
2. Body height is measured and recorded with an accuracy of 1 mm using a portable stadiometer.
3. Skinfold thickness (i.e. m.triceps, m.biceps, m.suprailiacalis, m.subscapularis) is measured on the left side of the body to the nearest 0.2 mm
4. Waist and hip ratio are measured with a Seca 206 waist circumference measure (Seca, Hamburg, Germany) to accuracy of 0.5 cm

#### Energy balance-related behaviours

Before the start of DOiT and after 20 months, students are asked to complete the DOiT questionnaire in a classroom. The DOiT questionnaire addresses the following EBRBs:

1. Consumption of sugar-sweetened beverages
2. Consumption of high sugar/high fat snacks

3. Physical activity (sports and active transport)
4. Screen time (TV viewing and computer use)
5. Breakfast behaviour

**Completion date**

01/07/2013

## Eligibility

**Key inclusion criteria**

Participating schools need to meet the following criteria:

1. Willing to implement DOiT during 2 subsequent school years
2. A signed agreement of participation in the study during that period (2011-2013)
3. Willingness to appoint a DOiT coordinator who will be the linking agent between the research team and the school
4. Being able to participate with at least 3 classes of the first two years of their pre-vocational education
5. Willingness to provide space and time for measurements.

There are no individual inclusion criteria for study participation.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Sex**

All

**Key exclusion criteria**

Does not meet inclusion criteria

**Date of first enrolment**

01/02/2011

**Date of final enrolment**

01/07/2013

## Locations

**Countries of recruitment**

Netherlands

**Study participating centre**

VUmc MS Center Amsterdam  
Amsterdam  
Netherlands  
1081 BT

## Sponsor information

### Organisation

SNS REAAL Fonds (Netherlands)

### ROR

<https://ror.org/04tf4mr55>

## Funder(s)

### Funder type

Charity

### Funder Name

SNS REAAL Fonds (Netherlands) ref: 20109966

## 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	01/12/2014		Yes	No
<a href="#">Results article</a>	results	24/12/2014		Yes	No
<a href="#">Protocol article</a>	protocol	19/12/2013		Yes	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes