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Evaluating the implementation and effectiveness of schools-based programme to promote exercise self-efficacy in children and young people with risk factors for obesity: Steps to Active Kids (STAK)

Submission date
07/04/2011

Recruitment status
No longer recruiting

Registration date
19/05/2011

Overall study status
Completed

Last Edited
28/09/2018

Condition category
Nutritional, Metabolic, Endocrine

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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

Study information

Scientific Title
A randomised controlled trial evaluating the implementation and effectiveness of schools-based programme to promote exercise self-efficacy in children with risk factors for obesity: Steps to Active Kids (STAK)

Acronym
STAK

Study objectives
Children receiving the STAK intervention will have lower body mass index (BMI), smaller waist circumference, higher levels of self-reported physical activity and higher exercise self-efficacy than children in the control group. Children in the asthma group will have better lung function as assessed by peak flow meter.

Ethics approval required
Old ethics approval format

Ethics approval(s)
The University of Nottingham Medical School Ethics Committee approved on 12th February 2010 reference (B/10/2009)

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Obesity, asthma

Interventions
A stepped approach will be used for the intervention. Following initial screening all children who meet the inclusion criteria will, after informed consent of parent, complete Steps 1 and 2. Children who are above the 97th centile or above 91st centile for children with asthma will be invited to take part in Step 3.

Step 1: Participants will be given two Street Dance DVDs which comprise 10 minute daily exercise sessions, including a warm up, learning a new dance move and a cool down. Each DVD covers a two week period (14 different sessions). Sessions have been designed to be short and intensive and have been modelled by an ethnically diverse group of children with a range of body sizes. Children will also be given an Activity Diary to complete which will log their physical activity. Using the well known UK premise of five a day for eating five pieces of fruit or vegetables, children are encouraged to complete and log in the diary five pieces of physical activity a day, thereby meeting the recommended target of 60 minutes. Additional sections highlight the benefits of exercise, a healthy diet and exercising with asthma. The diary is reviewed on a weekly basis and activity reinforced by verbal praise and stickers.

Step 2: Children will participate in a fun circuit class held once a week for 4 weeks. The class, designed to maintain activity levels and motivate, comprises a circuit of two minute activity stations. Participants will record their scores after each activity station and a pedometer will be given as a motivational tool. Participants will continue to complete their diary.

Step 3: Comprises a short motivational interview including goal setting follow by a review session. Progress on these goals will be reviewed at 4 month follow up.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Body mass index (BMI) and exercise self-efficacy at 12 month follow-up

Key secondary outcome(s)
1. Self-reported activity
2. Emotional and behavioural wellbeing
3. Lung function (peak flow)
4. Waist circumference

Measureed at 4 month and 12 month follow-up.

Completion date
31/12/2012

Eligibility

Key inclusion criteria
1. Children aged 9 to 11 years with one, or more of the following risk factors;
1.1. Asthma
1.2. Low exercise self-efficacy
1.3. Teacher-rated build above the 75th centile
1.4. Teacher-rated concern about participation in physical activity

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Lower age limit
9 Years

Upper age limit

11 Years

Sex
All

Key exclusion criteria
Children with high levels of customary activity (teacher and pupil rated) this will include overweight children with high levels of customary activity

Date of first enrolment
01/04/2010

Date of final enrolment
31/12/2012

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Nottingham University Hospital
Nottingham
United Kingdom
NG72UH

Sponsor information

Organisation
University of Nottingham (UK)

ROR
https://ror.org/01ee9ar58

Funder(s)

Funder type
Government

Funder Name

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?
Protocol article	protocol	26/10/2011		Yes	No
Abstract results	results presented at the 4th Congress of the European Academy of Paediatric Societies	01/10/2012		No	No