

Lifestyle modification of adolescents from different countries during confinement by Covid-19

Submission date 29/05/2020	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 02/07/2020	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 04/08/2020	Condition category Other	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

Due to the confinement (due to COVID-19), it is likely that families have more time to cook and could improve their eating habits. Although it should be kept in mind that this would not necessarily increase the quality of the diet. Indeed, families could also consume a higher caloric intake because they spend more time at home. On the other hand, confinement would worsen physical activity habits in adolescents. Based on this, our hypothesis is that confinement may change the lifestyle of adolescents. These new habits could be fixed and have an impact on their health at adult life. For this reason, it is important to generate studies that analyse their eating and physical activity behaviors. We aimed to describe the lifestyle of adolescents in Spain, Brazil, Chile, Colombia and Italy during confinement by COVID-19, and the possible changes in their dietary and physical activity habits due to this situation compared to those observed before confinement.

Aim: Understanding lifestyle habits of adolescents during social confinement will help public health authorities to reshape their reactions to future, unavoidable confinements.

Who can participate?

The study population comprised adolescents residing in Brazil, Chile, Colombia, Spain and Italy, who filled out an online questionnaire. To be included in the research, the adolescent had to be aged between 10 and 19 years old and 11 months; present no food restrictions and provide an authorization to participate in the study.

What does the study involve?

The study involve filling a self-administered online survey questionnaire that is divided into modules: sociodemographic characteristics, dietary practices before and during confinement, and lifestyle before and during confinement.

What are the possible benefits and risks of participating?

The main benefit of understanding the adolescents' nutrition and physical activity behavior during COVID-19 lockdown is the possible development of future policies. Indeed, this

information will help public health authorities reshape future policies on adolescents' s nutritional and physical activity recommendations, in preparation for future pandemics. No risk for participants are envisioned as the study only involve filling an online survey.

Where is the study run from?

Madrid Institute for Advanced Studies (IMDEA) - Food (Spain)

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

April 2020 to June 2020

Who is funding the study?

Investigator initiated and funded

Who is the main contact?

Dr Alberto Davalos, alberto.davalos@imdea.org

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Contact information

Type(s)

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Additional identifiers

Clinical Trials Information System (CTIS)

Nil known

Protocol serial number

IMD PI-043

Study information

Scientific Title

Observational study of lifestyle modification of adolescents from different countries during confinement by Covid-19

Acronym

NutriCoronaTeen

Study objectives

Due to the confinement (Covid-19), it is likely that families have more time to cook and could improve their eating habits. Although it should be kept in mind that this would not necessarily increase the quality of the diet. Indeed, families could also consume a higher caloric intake because they spend more time at home. On the other hand, confinement would worsen physical activity habits in adolescents. Based on this, our hypothesis is that confinement may change the lifestyle of adolescents. These new habits could be fixed and have an impact on their health at adult life. For this reason, it is important to generate studies that analyses their eating and physical activity behaviors.

Ethics approval required

Old ethics approval format

Ethics approval(s)

1. Approved 06/05/2020, Comité Ética de Investigación, Fundación IMDEA Alimentación (Ctra. de Canto Blanco, 8. 28049 - Madrid, Spain; +34 917278100; cei.alimentacion@imdea.org), ref: IMD PI-043
2. Approved 16/04/2020, URFJ – Instituto de Puericultura e Pediatria Martagão Gesteira da Universidade Federal do Rio de Janeiro (Rua Bruno Lobo 50 - Ilha do Fundão . Rio de Janeiro-RJ; Brazil; +55 (21)2590-3842; pesquisa@ippmg.ufrj.br), ref: CAAE 30783320.7.0000.5264
3. Approved 15/04/2020, Comité de Ética, Bioética y Bioseguridad de la Dirección de Investigación y Creación Artística de la Vicerrectoría de Investigación y Desarrollo de la Universidad de Concepción (4070386 Concepción, Chile, presidenta, Dra. María Andrea Rodríguez Tastets, +56 (41)2204302; secrevrid@udec.cl), ref: CEBB 646-2020
4. Approved 21/04/2020, Comité de Ética en Investigaciones de la Universidad de Cartagena (Centro - Cra. 4 No. 38-40, Claustro de la Merced, Cartagena de Indias, D.T. y C. - Colombia; +576642663; comitedeetica@unicartagena.edu.co), ref: Acta nº 134
5. Università Degli Studi di Padova (HIT Ethical Committee, Human Inspired Technology Research Centre, Via Luzzatti, 4 - 35121 Padova, Italy; +39 049 827 5796; ethical.hit@unipd.it), ref: 33035 22 04 2020

Study design

Quantitative cross-sectional study with convenience sampling

Primary study design

Observational

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Healthy volunteers

Interventions

The study population comprises adolescents residing in Brazil, Chile, Colombia, Spain and Italy.

Data collection will be carried out through a structured questionnaire (e-survey). The questionnaire will be self-administered, and categorized into modules by subject: sociodemographic characteristics, dietary and lifestyle practices. The invitation to participate in the survey will be made by social media (Facebook, Instagram and Whatsapp).

Intervention Type

Other

Primary outcome(s)

1. Lifestyle of adolescents during confinement by COVID-19 measured using novel online survey at a single timepoint
2. Changes in dietary and physical activity habits measured using novel online survey at a single timepoint

Key secondary outcome(s)

Measured using novel online survey at a single timepoint:

1. Sociodemographic profile of adolescents (income, sex, age, number of people in the family and schooling).
2. Food consumption
3. Lifestyle habits (screen time, mobile phone use, and computer use) and physical activity

Completion date

19/06/2020

Eligibility

Key inclusion criteria

1. Adolescents residing in Brazil, Chile, Colombia, Spain and Italy aged between 10 years and 19 years 11 months
2. No food restrictions
3. Provide an authorization to participate in the study

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Mixed

Sex

All

Total final enrolment

820

Key exclusion criteria

Does not meet inclusion criteria

Date of first enrolment

16/04/2020

Date of final enrolment

19/06/2020

Locations

Countries of recruitment

Brazil

Chile

Colombia

Italy

Spain

Study participating centre

Madrid Institute for Advanced Studies (IMDEA) - Food

Laboratory of Epigenetics of Lipid Metabolism

Ctra. de Canto Blanco, 8.

Madrid

Spain

28049

Study participating centre

Universidad de Concepción

Centro Vida Saludable

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Barrio Universitario

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Study participating centre

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Study participating centre

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Study participating centre

University of Padova.

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Sponsor information

Organisation

IMDEA Food

ROR

<https://ror.org/04g4ezh90>

Funder(s)

Funder type

Other

Funder Name

Investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are available from the corresponding author on reasonable request. Dra. Belen Ruiz-Roso (belen.ruizroso@imdea.org), raw data of the survey (Excel file) available from August 2020 and for 12 months. Sharing will be based on scientific collaboration and consent from the PI of each research group (country) will be obtained prior sharing. Data is completely anonymized as no personal information was recorded. Restrictions may apply.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	17/06/2020	04/07/2020	Yes	No
Results article	results	30/07/2020	04/08/2020	Yes	No