

Understanding how young people engage in a peer led dance group and the impact this has on their health and wellbeing

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| Last Edited 07/04/2020 | Condition category Other | <input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year |

Plain English summary of protocol

Background and study aims

Children living in poorer neighbourhoods are twice as likely to suffer from poor physical and mental health compared with children from more wealthy areas. Behaviours linked to health learned as children often last into adulthood, and so supporting children from all backgrounds to eat healthy diets and to be physically active is a key way to improve the health of the whole population in the future. Although there has been a lot of research about encouraging children to be more active, there is very little evidence to show the best ways to interest young people in physical activity or how to encourage them to stay physically active.

Camborne is a town in West Cornwall with high levels of poverty. In the past, it has also had high levels of antisocial behaviour. The Police found that arresting more and more young people did not reduce antisocial behaviour or tackle the causes of that behaviour, so they changed their response. When asked what it was like to live in the Camborne, young people spoke of having nothing to do and said they felt embarrassment about their town. When the Police asked what they would like to do, young people identified dance as an interesting activity. The first dance workshop was attended by 100 young people and over the last 13 years, over 1,000 young people have taken part in dance sessions. The group, the TR14ers, is now led by the young people and is a registered charity (charity commission number 1128834). It has recently received funding from BBC Children in Need to reach out to other groups and young people, and to develop its activities further. This will include providing training about nutrition and developing leadership qualifications.

This research will look at how and why young people engage with the group. It will also ask what effect the group has on their levels of physical activity, nutrition knowledge, self-belief and mental well-being. At the end of this first part of the research we hope to have enough information to develop a full scientific evaluation of the TR14ers, including the impact of engaging other young people in their work. We think this research will help us and other researchers wanting to engage young people to support positive health behaviours as well as supporting public health practitioners to understand how best to engage and sustain participation in health promotion programmes.

Who can participate?

Young people (aged 5 to 24 years) who are current or new members of the TR14ers. Former TR14ers and parents of TR14ers are also being sought to participate in additional research activities.

What does the study involve?

Current and new members of the TR14ers will have the opportunity to undertake the following activities as part of the study:

1. Measuring their physical activity over a week by wearing a watch-like device called an accelerometer
2. Completing questionnaires on their diet, health-related quality of life and nutrition knowledge and potentially other health-related behaviours
3. Completing a timeline which shows how their life has changed since becoming a TR14er potentially identifying other outcomes that should be measured in the full evaluation
4. Participate in two workshops to help the researchers understand their experiences of the TR14ers and co-design the full evaluation.

Former TR14ers will be invited to provide a timeline of how their life has changed since joining and then leaving the TR14ers. Parents of TR14ers will be invited to participate in an interview in which the researcher will ask about if and how the young person's participation in the TR14ers has impacted on the family.

What are the possible benefits and risks of participating?

Participants in this study will be helping research to understand how a community-created intervention is impacting on health and could be established in other communities. There are very few risks to the study, but the research may trigger sensitivities and support systems are in place to help those affected.

Where is the study run from?

European Centre for Environment and Human Health, University of Exeter Medical School, Truro (UK)

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

March 2018 to November 2019

Who is funding the study?

National Institute for Health Research Public Health Research Programme Rapid Funding Scheme (UK)

Who is the main contact?

Professor Katrina Wyatt (k.m.wyatt@exeter.ac.uk).

Enquiries about the study can also be sent to Dr Andrew James Williams, Lecturer in Public Health, European Centre for Environment and Human Health, University of Exeter Medical School (a.williams2@exeter.ac.uk).

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Additional identifiers

National Institute for Health and Care Research (NIHR)

127482

Protocol serial number

NIHR PHR

Study information**Scientific Title**

Understanding the sustainable processes and impact of engaging young people in a peer-led dance group, the TR14ers

Acronym

TR14ers baseline

Study objectives

This study aims to address the following points, with the objective of co-creating a full research proposal including capturing data on other communities the Group engages with and how this affects their physical and emotional health:

1. How and why do young people participate in the TR14ers?
2. Can a TR14ers logic model be co-developed which accurately captures the processes of engagement and participation in the Group and hypothesised short- and long-term outcomes?
3. What are the valid, feasible and acceptable methods for collecting baseline process and outcome data on a sufficient number of TR14ers to power a valid and rigorous evaluation?

Ethics approval required

Old ethics approval format

Ethics approval(s)

University of Exeter Medical School Research Ethics Committee (in progress)

Study design

Interventional non-randomised evaluability assessment and baseline data collection

Primary study design

Interventional

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Child health and wellbeing (physical activity)

Interventions

The TR14ers are a weekly free two-hour dance workshop open to any young people (aged approximately 5-24 years) from the surrounding area (West Cornwall). The workshops involve a variety of modern dance styles including street dance, hip-hop and breakdancing. The workshops are structured by adults, but young people can volunteer to become leaders which means they teach others dances which they have developed themselves. The group performs at shows and events throughout the year. The group have developed and regularly review their own codes of behaviour. As part of the new Children in Need funding the group will be introducing short bite size bursts of diet/nutrition knowledge during the rest breaks in dancing, the opportunity for the young people who become leaders to take qualifications in dance, and exploring other communities who might adopt the TR14ers approach. The young people can attend for as short or long duration as they want, from weeks to years. During the 6 months, we will explore with the young people how long they feel someone needs to attend to become a TR14er and 'experience the benefits'. There will be no follow-up, as this project is a 6 month project to develop methods for a full evaluation of this program.

Intervention Type

Behavioural

Primary outcome(s)

The following will be assessed at the baseline:

1. Physical activity, assessed using a wrist-worn GENEActiv accelerometer, which participants will be asked to wear for one week
2. Health-related quality of life, assessed using the age-appropriate KiddyKINDL children questionnaire
3. Diet, assessed using the weekday and weekend Food Intake Questionnaire (FIQ)

Key secondary outcome(s)

During the life of the project, measures of nutrition knowledge and attitudes will be identified by the participants from the United Nations Food and Agriculture Organization Guidelines on assessing nutrition-related Knowledge, Attitudes and Practices. Questions regarding health-related behaviours will similarly be identified from the Health Survey for England. Additional outcomes may be identified during the project for which validated tools will be sought and this record updated.

Completion date

30/11/2019

Eligibility

Key inclusion criteria

The primary participants of this study are (current and new) members of the TR14ers. The parents/carers of members and former members will also be invited to participate in specific activities.

Participant type(s)

Other

Healthy volunteers allowed

No

Age group

Child

Sex

All

Total final enrolment

59

Key exclusion criteria

Not a new, current or former member of the TR14ers or their parents or carers.

Date of first enrolment

12/10/2018

Date of final enrolment

01/03/2019

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

University of Exeter Medical School (ECEHH)

Knowledge Spa,
Royal Cornwall Hospital,

Truro

United Kingdom

TR1 3HD

Sponsor information

Organisation

University of Exeter

ROR

<https://ror.org/03yghzc09>

Funder(s)

Funder type

Not defined

Funder Name

National Institute for Health Research Public Health Research

Results and Publications

Individual participant data (IPD) sharing plan

The data sharing plans for the current study are unknown and will be made available at a later date

IPD sharing plan summary

Not provided at time of registration