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Sleep and lifestyle in school age children

Submission date	Recruitment status	[_] Prospectively registered
09/07/2015	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
28/07/2015	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
18/08/2023	Signs and Symptoms	

Plain English summary of protocol

Background and study aims
Sleep problems in school-aged children have increased threefold during the last 30 years. The amount of sleep that children and adolescents have appears to have reduced by about an hour over the last 100 years. Meanwhile, the number of overweight and obese children is increasing, putting those affected at risk of cardiovascular and other diseases. Both short and overly long periods of sleep are associated with being overweight as an adult. It is important to investigate the activity habits that may affect sleep, for example access to bedroom TV, time spent on computer, television and other screens, as well as exercise. The overarching aim of this study is to longitudinally (that is, over a period of time) investigate sleep and media habits, body image, activity and body mass index in school-aged children and adolescents.

Who can participate?
All students in grades 1,4,8 at schools in the municipality of Lund.

What does the study involve?
Participants complete a survey questionnaire given during the regular visit to the school nurse. Height and weight are also measured at this time.

What are the possible benefits and risks of participating?
One benefit of the survey might be that it opens up a possibility for the student to discuss sleep and lifestyle factors with the school nurse. A risk is that, although the study is a voluntary one, the students will assume that they have to participate because the school nurse requests them to. The school nurses are therefore carefully informed that they have to highlight the voluntary nature of the study.

Where is the study run from?
Kristianstad University (Sweden)

When is the study starting and how long is it expected to run for?
March 2008 to June 2020

Who is funding the study?
Kristianstad University (Sweden)

Who is the main contact?
Mrs Pernilla Garmy

Contact information

Type(s)
Scientific

Contact name
Mrs Pernilla Garmy

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Contact details
Kristianstad University
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29188

Additional identifiers

Study information

Scientific Title
Sleep and lifestyle in school age children: a longitudinal study

Study objectives
The study’s hypothesis is that sleep and media habits, body image, exercise habits, academic success and body mass index are interrelated.

Ethics approval required
Old ethics approval format

Ethics approval(s)
1. Ethics Committee Lund University, 18/11/2009, ref: VEN 34-09
2. The Regional Ethical Review Board in Lund, 10/08/2011, ref: 2011/330
3. The Regional Ethical Review Board in Lund, 8/04/2015, ref: 2015/113

Primary study design
Observational

Study design
Longitudinal design

Study type(s)
Screening

Health condition(s) or problem(s) studied

Sleep problems, obesity

Interventions
This is a longitudinal survey study where we are investigating sleep duration, BMI and media habits with questionnaires and height and weight measures. Each observation takes approximately 20 minutes (a visit at the school nurse) and this is repeated 4 times (in grades 1, 4, 8 and 10).

Intervention Type
Other

Primary outcome(s)
1. Sleep and media habits among school-aged children and adolescents. Survey at four time-points: grades 1, 4, 8 and 10. Survey questionnaire concerns sleep and media habits
2. Body Mass Index among school-aged children and adolescents. Height and lengths are measured by trained school nurses at four time-points: grades 1, 4, 8 and 10
3. Physical activity, body image and self-rated health among adolescents. Survey at two time-points: grades 8 and 10. Survey questionnaire concerns frequency of exercise, self-reported fitness, body image and self-rated health

Key secondary outcome(s)
1. Validity and reliability test of the Minimal Insomnia Symptom Scale (MISS). Survey at two time-points: grades 8 and 10. Survey questionnaire consists of three questions concerning falling asleep, waking during the night and rested by sleep

Completion date
30/06/2020

Eligibility

Key inclusion criteria
Current version as of 21/03/2018:
All students in grades 1, 4, 8 and 10 in seven municipalities in southern Sweden.

Previous version:
All students at schools in the municipality of Lund in grades 1, 4, 8 and 10.

Participant type(s)
Mixed

Healthy volunteers allowed
No

Age group
Child

Sex
All

Key exclusion criteria

Participants not meeting the inclusion criteria

Date of first enrolment
15/08/2008

Date of final enrolment
15/06/2019

Locations

Countries of recruitment
Sweden

Study participating centre
Kristianstad University
Kristianstad
Sweden
29188

Sponsor information

Organisation
Kristianstad University

ROR
https://ror.org/00tkrft03

Funder(s)

Funder type
University/education

Funder Name
Högskolan Kristianstad

Alternative Name(s)
Kristianstad University, HKR

Funding Body Type
Government organisation

Funding Body Subtype

Local government

Location
Sweden

Funder Name
SSSH (Association for Lund University Nurses)

Funder Name
Stiftelsen Kempe-Carlgrenska Fonden

Alternative Name(s)
The Kempe-Carlgrenska Foundation

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
Sweden

Funder Name
Drottning Silvias barnsjukhus

Alternative Name(s)
Queen Silvia Children’s Hospital, Drottning Silvias barn- och ungdomssjukhus

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
Sweden

Funder Name
The Fanny Ekdahl Foundation for Paediatric Research

Funder Name
Svenska Försäkringsföreningen

Alternative Name(s)
Swedish Insurance Society, SFF

Funding Body Type
Private sector organisation

Funding Body Subtype
Associations and societies (private and public)

Location
Sweden

Funder Name
The Ebba Danelius Foundation (of the Swedish Society of Nursing)

Funder Name
The Swedish Sleep Research Society

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/04/2012		Yes	No
Results article	results	01/12/2012		Yes	No
Results article	results	01/06/2014		Yes	No
Results article	results	01/03/2018		Yes	No
Results article		28/06/2022	18/08/2023	Yes	No
Results article		18/02/2020	18/08/2023	Yes	No
Results article		10/03/2022	18/08/2023	Yes	No
Results article		21/10/2021	18/08/2023	Yes	No
Results article		18/12/2019	18/08/2023	Yes	No