

# Sleep and lifestyle in school age children

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| <b>Submission date</b><br>09/07/2015   | <b>Recruitment status</b><br>No longer recruiting | <input type="checkbox"/> Prospectively registered<br><input type="checkbox"/> Protocol            |
| <b>Registration date</b><br>28/07/2015 | <b>Overall study status</b><br>Completed          | <input type="checkbox"/> Statistical analysis plan<br><input checked="" type="checkbox"/> Results |
| <b>Last Edited</b><br>18/08/2023       | <b>Condition category</b><br>Signs and Symptoms   | <input type="checkbox"/> Individual participant data  |

## 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

**ORCID ID**  
<https://orcid.org/0000-0003-1643-0171>

**Contact details**  
Kristianstad University  
Kristianstad  
Sweden  
29188

## Additional identifiers

**Protocol serial number**  
N/A

## 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

**Study design**  
Longitudinal design

**Primary study design**  
Observational

**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 Ek Dahl 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? |
|---------------------------------|---------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a> | results | 01/04/2012   |            | Yes            | No              |
| <a href="#">Results article</a> | results | 01/12/2012   |            | Yes            | No              |
| <a href="#">Results article</a> | results | 01/06/2014   |            | Yes            | No              |
| <a href="#">Results article</a> | results | 01/03/2018   |            | Yes            | No              |
| <a href="#">Results article</a> |         | 28/06/2022   | 18/08/2023 | Yes            | No              |
| <a href="#">Results article</a> |         | 18/02/2020   | 18/08/2023 | Yes            | No              |

|                                 |            |            |     |    |
|---------------------------------|------------|------------|-----|----|
| <a href="#">Results article</a> | 10/03/2022 | 18/08/2023 | Yes | No |
| <a href="#">Results article</a> | 21/10/2021 | 18/08/2023 | Yes | No |
| <a href="#">Results article</a> | 18/12/2019 | 18/08/2023 | Yes | No |