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Does the 'Sleep on number 1' intervention changes practices of Youth Health Care professionals in their sleep communication and advice to parents of young children?

Submission date
11/07/2025

Recruitment status
No longer recruiting

Registration date
14/07/2025

Overall study status
Completed

Last Edited
14/07/2025

Condition category
Other

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol

Background and study aims
Sleep problems are common in young children (0 - 2 years old) and parents often have difficulties managing their infant's sleep. However, sleep problems are not always discussed by nurses and doctors during appointments at Youth Health Care centers. This study investigates whether the 'Sleep on number 1!' intervention leads to improved discussion of sleep problems in Youth Health Care.

Who can participate?
There are not really individuals participating in this study, as only child record data are studied. Child records are provided by three Youth Health Care centers: two intervention regions that implemented the 'Sleep on Number 1!' intervention and one control region. Records of children born to first-time mothers before and after the intervention, are studied.

What does the study involve?
Child records from Youth Health Care centers are studied to determine whether Youth Health Care professionals in intervention regions show greater positive changes in attention for sleep and sleep advice to parents of young children from pre- to post-intervention, than Youth Health Care professionals in the control region.

What are the possible benefits and risks of participating?
The study contributes to improving sleep-related care in Youth Health Care by giving insight in the effectiveness of the 'Sleep on Number 1' intervention, and potentially enhancing the quality of support provided to parents. While there are no direct benefits for the participants, the findings could inform better practices for future patients. There are no anticipated risks for participants, as this is a retrospective study analyzing child records.

Where is the study run from?
Maastricht University (The Netherlands)

When is the study starting and how long is it expected to run for?
Child records about at least seven months from 01/01/2018 and 01/10/2023 onwards will be extracted.

Who is funding the study?
ZonMw (The Netherlands)

Who is the main contact?
Dr Ree Meertens, r.meertens@maastrichtuniversity.nl

Contact information

Type(s)
Public, Scientific, Principal investigator

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Study information

Scientific Title
Effectiveness of the 'Sleep on number 1' intervention in changing sleep-related communication of Youth Health Care professionals to parents of young children: a quasi-experimental controlled child records study

Study objectives
1. Compared to Youth Health Care (YHC) child records in the control region, YHC child records in intervention regions will show a stronger increase in sleep-related notes of YHC professionals from pre-intervention to post-intervention.
2. Compared to Youth Health Care (YHC) child records in the control region, YHC child records in intervention regions will show a stronger increase in sleep-related advice by YHC professionals from pre-intervention to post-intervention.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 27/11/2020, Faculty of Health, Medicine and Life Sciences Research Ethical Committee (FHML-REC) (FHML-REC (Department HES), Maastricht University, PO Box 616, Maastricht, 6200 MD, Netherlands; +31 (0)616333110; fhml-rec@maastrichtuniversity.nl), ref: FHML-REC/2020 /091

Primary study design
Interventional

Study design
Multi-center interventional quasi-experimental patient record study no random assignment no masking

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Promotion of healthy sleep practices in young children

Interventions
This study evaluates an intervention designed to improve the provision of sleep information and advice by YHC professionals in three youth health care regions. Two regions serve as intervention groups, while one serves as a control. The intervention is co-created with youth health care practitioners and informed by interviews with parents. For YHC professionals, the intervention consists of sleep-knowledge enhancing components (kick-off symposium and e-learning module), a skill-enhancing component (sleep communication training), and materials developed to enhance sleep communication with parents (two conversation cards accompanied by explaining clips, sleep diary, sleep plan). Parents are referred to infant sleep information and advice on the YHC internet site. In the control region, no interventional activities related to sleep are planned, neither addressing YHC professionals, nor the parents (no treatment, care as usual). Regions are pre-allocated to intervention or control groups, with no randomization of YHC professionals/ parents.
YHC child records are used to gather data from 0-7 months of age.

Intervention Type
Behavioural

Primary outcome(s)
Attention for sleep by YHC professionals in contact moments with parents, measured by the frequency of sleep-related notes in YHC child records of children of first-time mothers, before and after the intervention during at least 7 months

Key secondary outcome(s)
1. Sleep advice provided by YHC professionals in contact moments with parents, measured by the frequency of sleep-related advice in YHC child records of children of first-time mothers, before and after the intervention, during at least 7 months
3. Sleep problems in children, measured by the frequency of sleep problem notes in YHC child records of children of first-time mothers, before and after the intervention, during at least 7 months

Completion date

01/10/2025

Eligibility

Key inclusion criteria
All child records of children of first-time mothers in the study regions will be included, for the first 1000 children born in each study region from 01/01/2018 onwards (pre-test), and for the first 1000 children born from 01/10/2023 onwards (post-test).

Participant type(s)
Other

Healthy volunteers allowed
No

Age group
Child

Lower age limit
0 Months

Upper age limit
24 Months

Sex
All

Key exclusion criteria
No exclusion criteria

Date of first enrolment
01/01/2018

Date of final enrolment
18/04/2024

Locations

Countries of recruitment
Netherlands

Study participating centre
Public Health Center Limburg-North (GGD Limburg-Noord)
Drie Decembersingel 50
Venlo
Netherlands
5921 AC

Study participating centre
Public Health Center Brabant South-East (GGD Brabant Zuid-Oost)
Clausplein 10
Eindhoven
Netherlands
5611 XP

Study participating centre
Public Health Center South Limburg (GGD Zuid Limburg)
Het Overloon 2
Heerlen
Netherlands
6411 TE

Sponsor information

Organisation
ZonMw, The Dutch Organisation for knowledge and innovation in health, healthcare and well-being

ROR
https://ror.org/01yaj9a77

Funder(s)

Funder type
University/education

Funder Name
Universiteit Maastricht

Alternative Name(s)
Maastricht University, UM

Funding Body Type
Private sector organisation

Funding Body Subtype
Universities (academic only)

Location
Netherlands

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the study will be stored in a non-publicly available repository (DataHub Maastricht University) and will be available upon request from Ree Meertens (r.meertens@maastrichtuniversity.nl) via Maastricht University. The data will become available for a period of 10 years following publication. Stored data consists of anonymized data.

IPD sharing plan summary
Stored in non-publicly available repository, Available on request