

Efficacy of a school-based programme implemented by community agents in the prevention of eating and weight-related disorders

Submission date 22/12/2010	Recruitment status No longer recruiting	☐ Prospectively registered ☒ Protocol
Registration date 07/02/2011	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 17/01/2019	Condition category Mental and Behavioural Disorders	☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Study information

Scientific Title
Reduction of risk factors for eating and weight-related problems in secondary students by means of a prevention programme implemented by community agents previously formed

Acronym

MABIC

Study objectives

The effectiveness achieved by the programme when administered by experts (previous study) will be maintained when implemented by community agents previously formed, and the programme will be more effective in reducing the risk factors evaluated than the control group (no intervention) at the follow-up measures.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Clinical Research Ethical Committee of Parc Taulí Health Corporation, December 2008, ref: 2009-512

Primary study design

Interventional

Study design

Cluster randomised controlled multi-centre trial

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Eating and weight-related disorders

Interventions

The trial will be carried out in twelve schools.

Six intervention schools, fourteen classes, approximately 400 participants (adolescent females and males).

Six control schools, fourteen classes, approximately 400 participants (adolescent females and males).

The prevention programme consists of two components:

1. Nutrition component (Nut): One 60-minute talk and one 60-minute activity session. Topics include: Balanced eating concept, concept and differentiation between eating and nutrition, nutrients, food pyramid and foods, importance of water. Activity consists of analysis of menus.
2. Media Literacy component (ML): Four 60-minute talks and two activity sessions (60-minute duration). The topics of the talks include: "Feminine beauty ideal", "Feminine beauty ideal in the media", and "How to deal with media messages". The activity sessions include analysis of advertising and writing model letters of complaint to the media.

One booster session will be implemented 6 month after the end of the last session. The programme is described in a manual: Raich, Sánchez-Carracedo, and López-Guimerà (2008). Eating, Feminine Beauty Ideal and the Media. How to train critical secondary students

(Alimentación, modelo estético femenino y medios de comunicación. Cómo formar alumnos críticos en educación secundaria) (2nd edition) Barcelona: Graó. ISBN: 978-84-7827-644-8: <http://www.grao.com/libros/ficha.asp?ID=686>.

The intervention is partially based on a previous version informed in a previous trial (López-Guimerà, Sánchez-Carracedo, Fauquet, Portell, and Raich, in press), registered in ISRCTN with unique identifier ISRCTN07896919 (<http://www.controlled-trials.com/ISRCTN07896919>). In this case, the intervention will be implemented by community agents previously formed.

The training of community agents (teachers, nurses and health technicians from de cities councils), 20 hours duration, was performed in 2010, and is accredited by the Education Department of the Catalan Autonomous Government and the General Council for Continuing Education of Health Professions.

Classes assigned to intervention will received the program approximately one session per week for ten weeks. The control group only receiving classes as normal (not treatment)

Six schools from Sabadell will be allocated to intervention group. Six schools from neighboring towns of similar socio-cultural characteristics will be allocated to control group (no intervention)

Contact details of co-investigators:

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Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Sociocultural Attitudes Toward Appearance Scale -3
2. Children Eating Attitudes Test
3. Weight Control Behaviours (Inventory designed ad hoc)
4. Perception of Teasing Scale
5. Body Dissatisfaction and Drive for Thinness subscales from Eating Disorders Inventory -6. All the questionnaires in their Spanish adaptation. The primary and secondary outcomes were assessed at baseline, post-test (two weeks after the last activity "Letter of complaint to the media") and nine months follow-up

Key secondary outcome(s)

The primary outcome measures above were assessed for participants who completed the "analysis of advertising" and the "letters of complaint to the media" activities, and by nutritional status (following International Obesity Task Force criteria).

Completion date

10/01/2012

Eligibility

Key inclusion criteria

Second-grade (eight-grade in USA; 13 years) male and female students in Spanish secondary education

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

13 Years

Sex

All

Key exclusion criteria

No exclusion criteria were used and intact classes participated.

Date of first enrolment

10/01/2011

Date of final enrolment

10/01/2012

Locations**Countries of recruitment**

Spain

Study participating centre

Universidad Autonoma de Barcelona

Barcelona

Spain

08193

Sponsor information**Organisation**

Ministry of Science and Innovation (Ministerio de Ciencia e Innovación [MICINN]) (Spain)

Funder(s)

Funder type

Government

Funder Name

Carlos III Institute of Health (Instituto de Salud Carlos III) (Spain) - Health Research Fund, Ministry of Science and Innovation (MICINN) (ref: PSI 2009-08956)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/02/2016	17/01/2019	Yes	No
Protocol article	protocol	12/10/2013		Yes	No