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Acute effect of exercise on attention in children

Submission date	Recruitment status	[ ] Prospectively registered
20/06/2006	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
03/08/2006	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
27/10/2016	Nutritional, Metabolic, Endocrine	[ ] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Study information

Scientific Title
Acute effect of exercise on attention in children

Acronym
LEAPFROG ACUTE

Study objectives
There is increasing evidence that children lead sedentary lives. An inactive lifestyle not only increases risk of obesity and metabolic disease, but may also have adverse effects on cognitive function. However, effects of physical activity on cognition in children are unclear and two recent systematic reviews or meta analyses have called for new randomised controlled trials (RCT).
The aims of the study are:
1. To test the hypothesis that an acute bout of aerobic exercise might have effects on attention in 6-8 year olds
2. To pilot for a future larger scale RCT

Ethics approval required
Old ethics approval format

Ethics approval(s)
University of Glasgow Medical Faculty Ethics Committee (project number: FM03605)

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Obesity

Interventions
Intervention group: acute bout of aerobic exercise for 30-40 minutes
Control: sedentary behaviour for 30-40 minutes

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Attention - measured using the Attentional Network Task (ANT)

Key secondary outcome(s)
Process evaluation (intensity of the acute bout of exercise, using accelerometry)

Completion date
01/08/2007

Eligibility

Key inclusion criteria
1. Healthy children aged 6-8 years attending mainstream primary schools

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Lower age limit
6 Years

Upper age limit
8 Years

Sex
All

Key exclusion criteria
1. Diagnosis of any disorder of attention or memory

Date of first enrolment
01/06/2006

Date of final enrolment
01/08/2007

Locations

Countries of recruitment
United Kingdom

Scotland

Study participating centre
Division of Developmental Medicine
Glasgow
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Sponsor information

Organisation
Yorkhill Hospital NHS Trust (UK)

Funder(s)

Funder type
Charity

Funder Name
Yorkhill Children's Foundation Studentship

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration