

Bristol Girls Dance Project: a cluster randomised controlled trial of an after-school dance programme to increase physical activity among 11-12 year old girls

Submission date 12/04/2013	Recruitment status No longer recruiting	☐ Prospectively registered ☒ Protocol
Registration date 25/04/2013	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 07/10/2016	Condition category Other	☐ Individual participant data

Plain English summary of protocol

Background and study aims

Many children do not do enough physical activity. Girls are less active than boys. Getting low-active girls to do more physical activity would improve their hearts, lungs, and mental well-being. There is a lack of studies that focus on ways to help girls to be physically active. Dance is an activity that appeals to many girls and could engage low-active girls in physical activity. The Bristol Girls Dance Project (BGDP) is a study that aims to examine; a) whether participating in an after-school dance programme positively affects the physical activity levels of Year 7 girls, and b) the cost-effectiveness of this approach.

Who can participate?

The study will take place in 18 state maintained secondary schools in the greater Bristol area. We aim to recruit up to 33 Year 7 girls from each school to take part in the study.

What does the study involve?

To determine how well the programme works on children, there will be nine schools that receive the after-school dance programme (intervention schools), and nine schools that do not (control schools). The schools will be randomly allocated to the 'intervention' or 'control' group of the study. The dance programme will be led by expert dance instructors, and there will be 2x75 minute sessions per week in each of the nine schools (40 sessions overall). We will examine whether the intervention results in higher levels of physical activity at the end of a 20-week dance programme. We will also assess if this effect is maintained once the programme has ended. We will monitor all financial expenditure against a formal checklist.

What are the possible benefits and risks of participating?

The main potential risk is that a girl may develop a minor sport injury

Where is the study run from?

18 state maintained secondary schools in the greater Bristol area

When is the study starting and how long is it expected to run for?
April 2013 to August 2015

Who is funding the study?
National Institute of Health Research (NIHR) Public Health Research Programme (UK)

Who is the main contact?
Dr Mark Edwards
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
NIHR PHR 11/3050/01

Study information

Scientific Title
Bristol Girls Dance Project: a cluster randomised controlled trial of an after-school dance programme to increase physical activity among 11-12 year old girls

Acronym
Active7

Study objectives
The main hypothesis is that participating in an after-school dance intervention will increase the physical activity levels of Year 7 girls, and that these effects will be maintained a year after the baseline measures have been taken - when the intervention has been removed.

Ethics approval required
Old ethics approval format

Ethics approval(s)

School for Policy Studies Ethics Committee, University of Bristol, 07/02/2013

Primary study design

Interventional

Study design

Cluster randomised controlled trial with school as the unit of randomisation

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Physical activity

Interventions

2x75 minute after-school dance sessions per week for 20 weeks (i.e. 2 school terms).

Intervention Type

Behavioural

Primary outcome(s)

Accelerometer-derived mean minutes of moderate to vigorous intensity physical activity (MVPA) on a weekday

Key secondary outcome(s)

1. Mean weekend minutes of MVPA
2. Mean weekday accelerometer counts per minute
3. Mean weekend accelerometer counts per minute
4. Mean minutes of sedentary time per weekday
5. Self-reported autonomy competence, relatedness, perceived parental support and self esteem
6. Mean EQ-5D-Y scores
7. Height and weight of study participants
8. Participant and programme costs

Completion date

31/08/2015

Eligibility**Key inclusion criteria**

Year 7 girls in participating schools

Participant type(s)

Other

Healthy volunteers allowed

No

Age group

Child

Sex

Female

Key exclusion criteria

Girls who are unable to take part in usual PE lessons will be excluded

Date of first enrolment

01/04/2013

Date of final enrolment

31/08/2015

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

University of Bristol

Bristol

United Kingdom

BS8 1TZ

Sponsor information

Organisation

University of Bristol (UK)

ROR

<https://ror.org/0524sp257>

Funder(s)

Funder type

Government

Funder Name

National Institute for Health Research (NIHR) Public Health Research Programme. Grant number: 11/3050/01

Alternative Name(s)

National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

United Kingdom

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	06/10/2015		Yes	No
Results article	results	08/01/2016		Yes	No
Results article	results	01/05/2016		Yes	No
Protocol article	protocol	24/10/2013		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes