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Study of the level of physical activity, inactivity, and sleep patterns in children and adolescents in the Autonomous Community of the Basque Country (6–17 years old)

Submission date
15/03/2021

Recruitment status
No longer recruiting

Registration date
09/06/2021

Overall study status
Completed

Last Edited
20/03/2023

Condition category
Other

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol
Background and study aims
Physical inactivity and increased sedentary behavior are increasingly common problems and can lead to overweight, obesity, diabetes, heart disease, and decreased motor and cognitive capacity among children and adolescents. Establishing some healthy habits in childhood is essential for proper physical, motor, and cognitive development. The aim of this study is to describe the level of physical activity, sedentary behavior and sleep of children and adolescents in the Autonomous Community of the Basque Country.

Who can participate?
All children aged 6-17 enrolled in a school in the Basque Autonomous Community

What does the study involve?
Participants will be selected randomly based on gender, age, school, school location and socioeconomic status. They will have to wear an accelerometer for 7 full days and fill in a health habits diary.

What are the possible benefits and risks of participating?
The main benefit is to find out whether children and adolescents are sufficiently physically active on a daily basis, and assess their sedentary behavior and the relationship between these behaviors and sleep. This study has no risks as the participants will only have to wear an accelerometer and fill in a diary.

Where is the study run from?
The study is conducted from the Basque Autonomous Community and is carried out by the Basque Government, the University of Deusto and Mondragon Unibertzitatea, Mugikon and Athlon (Spain)

When is the study starting and how long is it expected to run for?
September 2020 to April 2022

Who is funding the study?
The Basque Government (Spain)

Who is the main contact?
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
PI2020011

Study information

Scientific Title
Study protocol on the level of physical activity, sedentary behavior, and sleep in the child and adolescent population in the Autonomous Community of the Basque Country (6–17 years old)

Acronym
MUGIKERTU

Study objectives
To describe the level of physical activity, sedentary behavior, or sleep of the child and adolescent population from 6 to 17 years old in the Basque Autonomous Country.

Ethics approval required
Old ethics approval format

Ethics approval(s)

Approved 14/10/2020, Euskadi Drug Research Ethics Committee (Basque Government Department of Health, CEIm-Departamento de Salud del Gobierno Vasco, C/ Donostia-San Sebastián, nº 1. Vitoria-Gasteiz 01010, Spain; +34 (0)945 01 92 96; +34 (0)945 01 56 34 ; +34 (0) 945 01 64 59; ceic.eeaa@euskadi.eus), ref: PI2020011

Primary study design
Observational

Study design
Observational cohort study

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Physical activity, sedentary behavior, sleep

Interventions
This study aims to recruit 1,111 representative random samples of children and adolescents from 6 to 17 years old from the Basque Autonomous Country. Participants must wear the ActiGraph WGT3X-BT accelerometer for a full 7 days and fill out a habit log of physical activity, sedentary behavior, and sleep routine. Participants will be randomly selected.

Intervention Type
Behavioural

Primary outcome(s)
The level of physical activity, sedentary behavior, and sleep routine measured by ActiGraph WGT3X-BT accelerometers for 7 days.

Key secondary outcome(s)
There are no secondary outcome measures

Completion date
15/04/2022

Eligibility

Key inclusion criteria
1. Belong to the student body of a participating school or institute
2. Have authorization to participate through a signed informed consent by the parents or legal guardians of the child or adolescent

Participant type(s)
Other

Healthy volunteers allowed
No

Age group
Child

Sex
All

Total final enrolment
1150

Key exclusion criteria
Non-consent or refusal by the child or adolescent to complete the physical activity diary or to use the accelerometer, even with a signed informed consent by their parents or legal guardians

Date of first enrolment
01/11/2020

Date of final enrolment
30/10/2021

Locations

Countries of recruitment
Spain

Study participating centre
Universidad de Deusto
Unibertsitate Etorb., 24
Bilbao
Spain
48007

Study participating centre
Universidad de Mondrgon
Loramendi Kalea, 4, Edificio 6, Arrasate, Gipuzkoa
Mondragón
Spain
20500

Sponsor information

Organisation
Basque Government

ROR
https://ror.org/00pz2fp31

Funder(s)

Funder type
Government

Funder Name
Eusko Jaurlaritza

Alternative Name(s)
Gobierno Vasco, Basque Government

Funding Body Type
Government organisation

Funding Body Subtype
Local government

Location
Spain

Results and Publications

Individual participant data (IPD) sharing plan
The datasets are stored in a private server that only researchers approved by the ethics committee have access to.

IPD sharing plan summary
Stored in repository

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	outcome results	15/03/2023	17/03/2023	Yes	No
Results article	results with and without sports	06/01/2023	17/03/2023	Yes	No
Protocol article	Protocol	11/03/2022	17/03/2023	Yes	No
Participant information sheet			09/06/2021	No	Yes