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# Impact on student health status of a training program of university student as health promoters

**Submission date**
21/11/2012

**Recruitment status**
No longer recruiting

**Registration date**
06/12/2012

**Overall study status**
Completed

**Last Edited**
15/07/2016

**Condition category**
Nutritional, Metabolic, Endocrine

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

## Plain English summary of protocol

Background and study aims
In studies of students at the National Autonomous University of Mexico, it was detected that 40% of students are overweight or obese as a consequence of their unhealthy lifestyles. Paradoxically, students of the Health Sciences careers (Medicine, Nursing, Odontology, and Psychology) had a higher incidence of overweight and obesity than students in the Biological-Chemical Sciences (Biology, Chemical Engineering, Pharmaceutical Chemistry and Biochemical), suggesting that their academic education linked with health promotion is not sufficient to change their lifestyles. The aim of this study is determine the impact of a training program for university students as health promoters.

Who can participate?
Undergraduate students studying Medicine, Nursing, Odontology, Psychology, Biology, Biological/Pharmacological Chemistry and Chemical Engineering

What does the study involve?
Participants are randomly allocated into two groups. One group receive training as health promoters, covering topics such as healthy eating, physical activity, addiction prevention, conflict management and self-esteem. The other group do not receive any training until after the end of the study. Both groups complete a healthy lifestyle questionnaire and parameters related to health status (weight, body mass index, waist circumference, hip circumference) are measured before and after training and after six months.

What are the possible benefits and risks of participating?
Not provided at time of registration

Where is the study run from?
Faculty of Higher Studies-Zaragoza of the National Autonomous University of Mexico (FES-Zaragoza, UNAM)

When is the study starting and how long is it expected to run for?
April 2012

Who is funding the study?
National Autonomous University of Mexico

Who is the main contact?
Dr Víctor Manuel Mendoza-Núñez

# Contact information

### Type(s)
Scientific

### Contact name
Dr Víctor Manuel Mendoza-Núñez

### Contact details
Guelatao # 66
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Mexico
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# Additional identifiers

# Study information

### Scientific Title
Impact on student health status of a training program of university student as health promoters: a randomized trial

### Study objectives
The health-promoting university model incorporates health promotion in its educative and work project with the purpose of fostering human development and improving the QOL of those who study. At same time, to form these as monitors or promoters of healthy behavior among partners and at the familial level or in their future work environments and in the society in general. Therefore, we hypothesized that the students group trained as health promoters will show better health status than control group; besides of the multiplicator affect their healthy behavior.

### Ethics approval required
Old ethics approval format

### Ethics approval(s)
Not provided at time of registration

### Primary study design
Interventional

### Study design
Prospective randomized single trial

### Study type(s)
Quality of life

### Health condition(s) or problem(s) studied
Overweight, obesity, underweight, depression and addictions

### Interventions
Experimental group will receive training in order to form these as university student health promoters through e-learning (a course for the formation of health promoters) imparted by experts, in which the topics established for a University Health Promoter will be reviewed (healthy eating, physical activity, addiction prevention, conflict management, self-esteem, etc).

### Intervention Type
Behavioural

### Primary outcome(s)
Improved healthy lifestyles

### Key secondary outcome(s)
1. Less prevalence of overweigh, obesity, underweight
2. Less prevalence of depression
3. Less prevalence of addictions

### Completion date
01/12/2015

## Eligibility

### Key inclusion criteria
Experimental group: Incoming students with available time and interest to form and participate actively as university health promoter and continue the healthy lifestyle program in college.

Control group: New students who agree to fill the self-efficacy questionnaire and participate in measuring health parameters of self-care card at baseline and at 6 months, and then participate in the program to train as health promoter.

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Adult

### Sex

All

**Key exclusion criteria**
1. Students with chronic uncontrolled disease
2. Those who do not agree to participate in the study

**Date of first enrolment**
04/03/2012

**Date of final enrolment**
01/12/2015

# Locations

**Countries of recruitment**
Mexico

**Study participating centre**
**Guelatao # 66**
Mexico, D.F.
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# Sponsor information

**Organisation**
National Autonomous University of Mexico [UNAM] (Mexico)

**ROR**
https://ror.org/01tmp8f25

# Funder(s)

**Funder type**
University/education

**Funder Name**
National Autonomous University of Mexico (Mexico)

# 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? |
|---|---|---|---|---|---|
| Protocol article | protocol | 22/02/2013 | | Yes | No |