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Sociocultural factors and eating disorders in adolescence: evaluation of a school-based prevention program

Submission date	Recruitment status
30/06/2007	No longer recruiting
Registration date	**Overall study status**
05/11/2007	Completed
Last Edited	**Condition category**
04/07/2019	Mental and Behavioural Disorders

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

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
Förderkennzeichen 01EL0408

Study information

Scientific Title
Sociocultural factors and eating disorders in adolescence: evaluation of a school-based prevention program

Acronym
POPS (Potsdamer prävention an schulen)

Study objectives
The participants of the prevention program show less symptoms of disordered eating and related risk factors 3 and 12 months after the program (compared to the control group).

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from the ethics committee of the University of Potsdam on the 11th December 2006 (ref: 3/22).

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Eating disorders

Interventions
The participants who are randomised to the intervention group will receive the prevention program. Trained teachers will carry out 9 sessions of regular classes, 1 - 2 sessions a week, 45 minutes each. During the classes they will teach the participants about nutrition and well-being, media competency, self-esteem, problem solving, stress management, and dealing with appearance-related social pressure. Materials and methods include DVDs, games, discussions, quizzes, leaflets, questionnaires, homework and teamwork.

The participants allocated to the control group do not receive any intervention. They will receive the same training on the program after the evaluation of the program based on this trial is completed.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Symptoms of eating disorders, measured at 3 and 12 months after completion of the program using the following:
1. Eating Attitudes Test (EAT)
2. Eating Disorder Inventory (EDI)
3. Eating Disorder Examination (EDE)

Key secondary outcome(s)
Current secondary outcome measures as of 16/10/2008:
Risk and protective factors assessed at 3 and 12 months after completion of the programme using the following:
1. Sociocultural Attitudes Towards Appearance Questionnaire (SATAQ)
2. Appearance Schema Inventory (ASI)
3. Coping
4. Body dissatisfaction, assessed by the Contour Drawing Rating Scale (CDRS) and the Eating Disorder Inventory - Body Dissatisfaction (EDI-BD)
5. Appearance related social pressure questionnaire (Fragebogen zum aussehensbezogenen sozialen
Druck [FASD])

Please note that the changes are due to errors in the information submitted at time of registration.

Secondary outcome measures provided at time of registration:
Risk and protective factors assessed at 3 and 12 months after completion of the programme using the following:
1. Sociocultural Attitudes Towards Appearance Questionnaire (SATAQ)
2. Appearance Schema Inventory (ASI)
3. Coping
4. Body dissatisfaction

Completion date
30/06/2009

Eligibility

Key inclusion criteria
Adolescents Grade 7 - 9 (12 - 16 years).

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Lower age limit
12 Years

Upper age limit
16 Years

Sex
All

Total final enrolment
1112

Key exclusion criteria
Does not comply with above criteria.

Date of first enrolment
01/07/2006

Date of final enrolment
30/06/2009

Locations

Countries of recruitment
Germany

Study participating centre
Karl-Liebknecht-Strasse 24-25
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Sponsor information

Organisation
Federal Ministry of Education and Research (BMBF) (Germany)

ROR
https://ror.org/04pz7b180

Funder(s)

Funder type
Government

Funder Name
Federal Ministry of Education and Research (BMBF) (Germany) (Registration number: 01EL0607)

Alternative Name(s)
Federal Ministry of Research, Technology and Space, Bundesministerium für Bildung und Forschung, Federal Ministry of Education and Research, BMBF

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Germany

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	01/08/2011	04/07/2019	Yes	No
Results article	results	01/09/2016	04/07/2019	Yes	No
Results article	results	01/09/2015	04/07/2019	Yes	No
Results article	results	01/06/2018	04/07/2019	Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes