

Dutch Obesity Intervention in Teenagers: a school-based intervention program to improve dietary and physical activity behaviour in adolescents, in order to prevent excessive weight gain

Submission date 25/05/2005	Recruitment status No longer recruiting	☐ Prospectively registered ☒ Protocol
Registration date 04/07/2005	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 22/07/2015	Condition category Nutritional, Metabolic, Endocrine	☐ 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
2000T203

Study information

Scientific Title

Dutch Obesity Intervention in Teenagers: a school-based intervention program to improve dietary and physical activity behaviour in adolescents, in order to prevent excessive weight gain

Acronym

DOiT

Study objectives

It is hypothesised that the intervention will result in:

1. A difference between the intervention and the control group of at least 0.5 kg of body weight gain in favour of the intervention group after a one-year intervention period
2. Furthermore, a difference between the intervention and control group is expected of 7% (0.5 points on a 7-point scale) in cognitions (i.e. awareness, attitude, subject norm and self-efficacy) and 7% (0.5 points on a 7-point scale) in the behavioural intention of reaching a more favourable energy-balance

Ethics approval required

Old ethics approval format

Ethics approval(s)

The Medical Ethical Committee of the VU University Medical Center

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Overweight and obesity

Interventions

An educational program was developed and implemented in the biology and physical education lessons. These lessons aimed at increasing awareness and behavioural changes concerning energy intake, consumption of sugar-sweetened drinks and energy-dense snacks in particular; and energy output i.e. physical activity and sedentary behaviours. In addition, schools were advised on modifying the canteens, and requested to provide additional physical education classes in order to facilitate behavioural change.

Furthermore, participants are requested to choose at least one of four intervention options aimed at the individual, two regarding physical activity and two regarding food intake.

Control intervention: The regular school curriculum.

Intervention Type

Behavioural

Primary outcome(s)

Weight, height, and body composition (based on waist, arm, and thigh circumferences, and four skinfolds: triceps, biceps, subscapular, supra iliac), dietary behaviour (by questionnaires focusing on snacking and soft drinks), physical activity (by questionnaire in the whole group, and in a subgroup by accelerometers) and physical inactivity (by questionnaire).

Key secondary outcome(s)

1. Cognitions and intention (awareness, attitude, subjective norms, descriptive norms, self-efficacy - by questionnaire) related to recommended physical activity levels and dietary behaviours
2. Intention towards reaching a more favourable energy-balance
3. Compliance and appraisal of trial components (all by questionnaire)
4. Aerobic fitness by the 20 m shuttle run-test

Completion date

31/08/2006

Eligibility

Key inclusion criteria

Dutch adolescent boys and girls aged 12 - 14 years attending pre-vocational education

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

12 Years

Upper age limit

14 Years

Sex

All

Key exclusion criteria

No exclusion criteria

Date of first enrolment

01/08/2002

Date of final enrolment

31/08/2006

Locations

Countries of recruitment

Netherlands

Study participating centre

van der Boechorststraat 7

Amsterdam

Netherlands

1081 BT

Sponsor information

Organisation

The Netherlands Heart Foundation (NHF) (The Netherlands)

ROR

<https://ror.org/05nxhgm70>

Funder(s)

Funder type

Charity

Funder Name

The Netherlands Heart Foundation (NHF) (The Netherlands) (ref: 2000T203)

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	01/12/2014		Yes	No
Protocol article	protocol	16/12/2006		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes

