

# Strengthening parenting styles and practices in the existing intervention KERNgezond to prevent overweight and obesity in children.

No registrations found.

|                              |                  |
|------------------------------|------------------|
| <b>Ethical review</b>        | Positive opinion |
| <b>Status</b>                | Recruiting       |
| <b>Health condition type</b> | -                |
| <b>Study type</b>            | Interventional   |

## Summary

### ID

NL-OMON27785

### Source

Nationaal Trial Register

### Brief title

ELVO 3 Study

### Health condition

Childhood obesity and overweight prevention

## Sponsors and support

**Primary sponsor:** Behavioral Science Institute, Radboud University, Nijmegen, the Netherlands

**Source(s) of monetary or material Support:** Province Limburg, The Netherlands

## Intervention

## Outcome measures

### Primary outcome

Changing dietary and physical activity behaviour in children The differences (between the intervention group and the control group) in changes in dietary and physical activity behaviour of children between baseline and t=1 and t=2. These dietary and physical activity behaviours are measured by questionnaires filled out by children and their parents. Variables are: having breakfast, eating fruit, eating vegetable, drinking sugar sweetened beverages, hours being physical active, hours of screen-time activities.

### **Secondary outcome**

1. Authoritative parentingstyle (general parenting);
2. Parenting practices measured by: to set rules, modelling and monitoring of healthy eating and physical (in)activity;
3. Parental selfefficacy.

## **Study description**

### **Background summary**

The purpose of this cluster randomized controlled study is to investigate whether the dietary and physical activity behaviors of children between 9 and 12 years at the school participate in the intervention 'KERNgezond' is healthier if the parents of these children follow the E-learning "Making a healthy deal with your child", compared to children whose parents only receive a folder about healthy diet and physical activity.

In the E-learning we teach parents how they can encourage their child to have healthier dietary and physical activity behaviors and solving conflicts about these topics by using parenting skills and practices.

### **Study objective**

We hypothesized that 5 and 12 months after baseline measurements were collected, the children of parents who received the e-learning program would i) have a healthier diet (e.g., they eat more vegetables and fruits, have breakfast more often, and drink fewer sweetened beverages); ii) be less sedentary (e.g., will engage in a lower amount of screen-viewing time); and iii) have a higher level of physical activity compared to both their baseline values and the control group.

Other objectives of the e-learning program include strengthening parenting styles (parents use more often an authoritative parenting style), improving parenting practices (parents sets

more rules regarding healthy diet and physical activity, are better role models and monitor better dietary and physical activity behaviours of their child), and increasing parental self-efficacy.

## **Study design**

1. Baseline measurements September-October 2015;
2. End of the intervention March-April 2016;
3. 6 Months after the intervention: September 2016.

## **Intervention**

Interventiongroup:

Parents who receive a folder and the E-learning module “Making a healthy deal with your child” about how to stimulate their child to eat healthy and have enough physical activity and less inactivity using parenting skills.

Controlgroup:

Parents who receive only a folder about healthy eating and physical activity for children.

## **Contacts**

### **Public**

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## Eligibility criteria

### Inclusion criteria

Parents of children from group 6 and 7 from primary schools, who participate in the already existing programme 'KERNgezond' in the northern part of province Limburg, in the Netherlands. The inclusion criteria for the children are that their parents participate in our research.

### Exclusion criteria

Insufficient understanding of the Dutch language.

## Study design

### Design

|                     |                             |
|---------------------|-----------------------------|
| Study type:         | Interventional              |
| Intervention model: | Parallel                    |
| Allocation:         | Randomized controlled trial |
| Masking:            | Open (masking not used)     |
| Control:            | Active                      |

### Recruitment

|                           |             |
|---------------------------|-------------|
| NL                        |             |
| Recruitment status:       | Recruiting  |
| Start date (anticipated): | 01-09-2015  |
| Enrollment:               | 322         |
| Type:                     | Anticipated |

## Ethics review

|                  |            |
|------------------|------------|
| Positive opinion |            |
| Date:            | 22-02-2016 |

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

#### Register ID

NTR-new NL5640

NTR-old NTR5755

Other 1) Provincie Limburg, 2) CMO regio Arnhem-Nijmegen : 1) SAS-2014-01236, 2) 2015-1931

## Study results