

PLEASE NOTE: *This trial has been registered retrospectively.*

Trial Description

Title

Evaluation of the health promoting program "Bewegte Klasse NEU" (Motion in Schools). A clusterrandomized controlled trial.

Trial Acronym

[---]*

URL of the trial

<http://www.donau-uni.ac.at/de/departement/evidenzbasiertemedizin/bereich/evaluation/projekte/id/15349/index.php>

Brief Summary in Lay Language

The Health Promotion Agency in Lower Austria is offering the new project "motion in schools" for primary school children. Over a two-year-period teachers receive support to enrich their teaching styles and to make lessons more appropriate to the emotional, social and physical needs of their pupils.

The study will investigate the question if the program is effective in enhancing the class climate, the coordinative skills of the pupils, their attention and their quality of life.

Brief Summary in Scientific Language

Since 1992 the Health Promotion Agency in Lower Austria is offering further professional training for teachers in primary schools regarding teaching styles and movement in schools. Evaluations of similar projects in Germany and Switzerland showed conflicting results of changes in coordinative skills, attention and concentration abilities, the class climate and quality of life (Schröder, 2002). Good evidence is rare in this field of health promotion.

The study is a cluster randomized controlled trial with 53 participating teachers and their classes. During the school years 2010/11 and 2011/12 the teachers of the intervention group will receive 20 supporting hours (10 hours each year). In the classroom, a trainer will consult the teacher in implementing process-oriented lessons that meet the pupils' physical activity needs. The teachers will receive further professional training (8 hours each year). In addition, parents will be invited to one parent-teacher conference each year on topics such as "learning and physical activity", "emotional development" and "family life and physical activity".

The control group classes are forming a waiting control group. They will not receive any intervention before the school year 2012/13.

The study investigates if the program is effective in enhancing the class climate, the coordinative skills of the pupils, their self reported physical activity, their attention and their quality of life. Data on the pupil level will take place in fall 2010 and spring 2012. In addition, parents of the participating children will be asked to fill in a questionnaire on behaviour and emotional changes of their children at the end of the program. Teachers will be interviewed on the implementation of the program, their efforts and expectations. The new project "motion in schools" for primary school children. Over a two-year-period teachers receive support to enrich their teaching styles and to make lessons more appropriate to the emotional, social and physical needs of their pupils.

Do you plan to share individual participant data with other researchers?

[---]*

Description IPD sharing plan

[---]*

Organizational Data

- DRKS-ID: **DRKS00000622**
- Date of Registration in DRKS: **2010/12/03**
- Date of Registration in Partner Registry or other Primary Registry: [---]*
- Investigator Sponsored/Initiated Trial (IST/IIT): **yes**
- Ethics Approval/Approval of the Ethics Committee: **Approved**
- (leading) Ethics Committee Nr.: **GS4-EK-4/107-2010 , Ethikkommission für das Bundesland Niederösterreich am Sitz des Amtes der NÖ Landesregierung, Abteilung Sanitäts- und Krankenanstaltenrecht**

Secondary IDs

Health condition or Problem studied

- Free text: **limitations of the coordinative skills, learning disabilities, social and emotional difficulties**

Interventions/Observational Groups

- Arm 1: **participation in the program "motion in schools"**
-

Arm 2: **no participation in the program "motion in schools"**

Characteristics

- Study Type: **Interventional**
- Study Type Non-Interventional: [---]*
- Allocation: **Randomized controlled trial**
- Blinding: [---]*
- Who is blinded: [---]*
- Control: **Control group receives no treatment**
- Purpose: **Prevention**
- Assignment: **Parallel**
- Phase: **N/A**
- Off-label use (Zulassungsüberschreitende Anwendung eines Arzneimittels): [---]*

Primary Outcome

The primary outcome is defined as the difference in the subscale "class climate" of the standardized questionnaire FEES 3-4 (Questionnaire to measure the emotional and social school life) between baseline (fall 2010) and follow-up-measurement (spring 2012).

Secondary Outcome

**Secondary outcomes are the differences between the follow-up and the baseline measurement (spring 2012 and fall 2010) on the pupil level:
attention (D2-R; AF, VF, BZO, KL, F%);
coordinative skills (subscales of KIKO, DMT 6-18); quality of life (Kidscreen),
patterns of self-reported physical activity and sedentary behaviour;
attitude towards school (FEES 3-4), teacher-pupil-interaction (FEES 3-4);**

A trained external mobile diagnostic team is testing the children at the baseline and the follow-up measurement in the school.

**Further secondary outcomes will be collected by a one-shot survey of parents (spring 2012):
quality of life; ratings of behaviour changes;**

**Further secondary outcomes will be collected by a one-shot survey of teachers (spring 2012):
implementation of the programm.**

Countries of recruitment

- **AT Austria**

Locations of Recruitment

Recruitment

- Planned/Actual: **Actual**
- (Anticipated or Actual) Date of First Enrollment: **2010/09/28**
- Target Sample Size: **950**
- Monocenter/Multicenter trial: **Monocenter trial**
- National/International: **National**

Inclusion Criteria

- Gender: **Both, male and female**
- Minimum Age: **no minimum age**
- Maximum Age: **no maximum age**

Additional Inclusion Criteria

**teachers registration to the program;
third level of primary schools in lower austria**

Exclusion criteria

participation in the program during the last two years

Addresses

- **Primary Sponsor**

**Donau-Universität Krems
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■ **Contact for Scientific Queries**

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Sources of Monetary or Material Support

- **Public funding institutions financed by tax money/Government funding body (German Research Foundation (DFG), Federal Ministry of Education and Research (BMBF), etc.)**

NÖGUS - Niederösterreichischer Gesundheits- und Sozialfond
Stattersdorfer Hauptstraße 6/2/3

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Austria**

Telephone: [---]*

Fax: [---]*

E-mail: [---]*

URL: [---]*

Status

- Recruitment Status: **Recruiting complete, follow-up complete**
- Study Closing (LPLV): **2012/04/30**

Trial Publications, Results and other documents

* This entry means the parameter is not applicable or has not been set.

*** This entry means that data is not displayed due to insufficient data privacy clearing.