



Move for Well-being in Schools

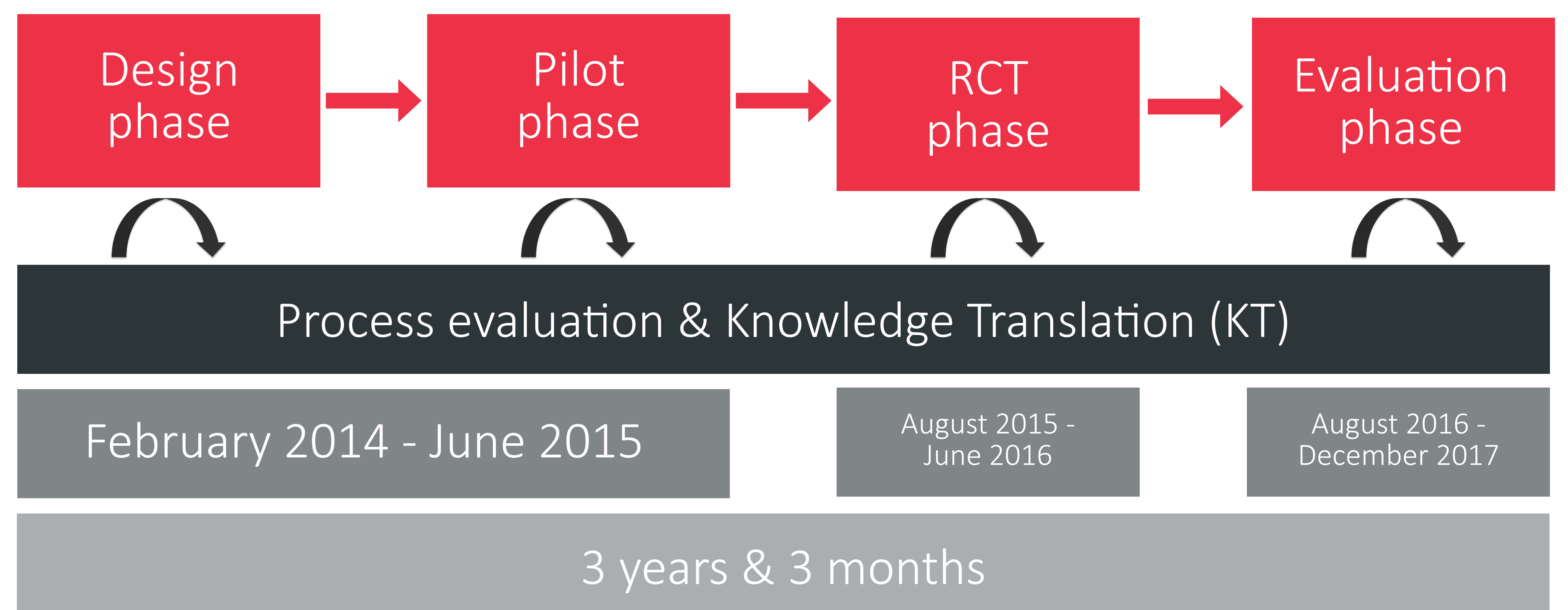
– A multicomponent school-based physical activity intervention

Purpose

Presentation of the stepwise development for implementation and evaluation of a multicomponent school-based physical activity intervention *Move for Well-being in Schools*.

Design & Method

The study is a three year project with implementation of the RCT phase in the school year 2015/16. The RCT will be conducted at 24 schools with +3000 students in the 4.th – 6.th grade.



The intervention is guided by the Medical Research Council (MRC) framework on development of complex interventions which consist of a four phase model. A key component is Knowledge Translation based on the Knowledge-to-Action (K2A) framework that constitutes a systematic and well developed method to support the integration of best available research evidence with local context and practice.

Design phase	<ul style="list-style-type: none"> • Systematic reviews of published knowledge on interventions similar to the project • Reanalyze data from preceding research at ISSCB • Engage professionals and end users in participatory development of the intervention – Development Group (DG) • 4 workshops from start of project to end of pilot phase
Pilot phase	<ul style="list-style-type: none"> • Generate Coordination Group (from DG) • Info meetings at schools with all teachers • Competence Development Program (CDP) for learning leaders – workshop at school and SDU • Questionnaire pre and post implementation of PA-program • Interviews with school leaders, observations and focus group interviews with children and learning leaders
RCT phase	<ul style="list-style-type: none"> • Min. 24 schools recruited to the project - after consent, randomization will be conducted • Control schools will be given opportunity to implement the intervention one year later • Baseline measures conducted in the beginning of the school year 2015/16 followed by comprehensive process evaluation and final assessment in the end of the school year
Evaluation phase	<ul style="list-style-type: none"> • Analyses from the three preceding phases on both effect and process • Effects outcome from surveys and interviews • Process evaluation using the RE-AIM framework - to guide integrative use of both process and outcome data

This study will....

With its cluster RCT study design evaluate real world effectiveness of an physical activity intervention. This may be useful for comparative effectiveness research because the focus is on understanding the effects and implementation of an intervention in a pragmatic, real-world setting. The study will provide answers to some of the themes regarding PA and well-being currently discussed in the Danish school system.

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