

GLAMA (Girls! Lead! Achieve! Mentor! Activate!) and BLAST (Boys! Lead! Activate! Succeed Together!) Project: a leadership and physical activity intervention for Year 7 and Year 10 students.

ACTRN12611000105943

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| Status | RECRUITING |
| Sponsor | Royal Melbourne Institute of Technology |
| Enrollment | 650 participants |

Plain Language Summary

This school-based study is testing whether a peer leadership program — where Year 10 students are trained as leaders and mentors — can make the transition to secondary school easier for Year 7 students. The program, called GLAMA (for girls) and BLAST (for boys), aims to build self-confidence, help students feel more connected to their school, and encourage physical activity during a period of change that many young people find stressful.

You may be eligible if:

- You are a Year 7 or Year 10 student
- You attend a secondary school in Victoria, Australia
- Your parent or guardian has given consent for you to participate

You may NOT be eligible if:

- You are in a different year level (not Year 7 or Year 10)
- Your parent or guardian has not given consent
- You do not attend a state secondary school

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (3)

- Year 7 students
- Year 10 students
- Within a Secondary school in Victoria

Exclusion (3)

- Any students not in those year levels
- No consent given
- Not within a state secondary school

Locations (1 total)

Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12611000105943>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.