

Screen-time Weight-loss Intervention Targeting Children at Home

ACTRN12611000164998

Status	RECRUITING
Sponsor	Ralph Maddison
Enrollment	270 participants

Plain Language Summary

Too much screen time — watching TV, playing video games, and using computers — is linked to weight gain in children. This study is testing a family-based program to help overweight children aged 9 to 12 in New Zealand spend less time in front of screens and improve their health. Families receive information, support, and practical strategies over 24 weeks to cut back on screen-based leisure activities. Researchers will measure children's body weight, physical activity, screen time, and eating habits at the start and end of the program.

You may be eligible if:

- Your child is between 9 and 12 years old
- Your family lives in the greater Auckland area
- Your child spends 15 or more hours per week on screens (TV, computer, or video games) at home
- Your child is overweight or obese according to international criteria
- You (the primary caregiver) are willing to give written consent and your child is willing to participate
- Your family speaks and understands English

You may NOT be eligible if:

- Your child has a medical condition that prevents regular physical activity
- Another child from your household has already been enrolled in the study
- Your child spends equal amounts of time in two separate households

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

Key Eligibility Criteria

Inclusion (6)

- Child aged at least 9 years of age and less than 13 years
- Live within the greater Auckland area
- Uses electronic media (TV, computer, video games) greater than or equal to 15 hours per week in the primary household (according to primary caregiver report)
- Overweight/obese according to Cole International cut-off criteria
- Able to provide written informed assent/consent to participate in study
- ... and 1 more (see full listing online)

Exclusion (3)

- Any medical condition that prevents/interferes with regular physical activity
- Another child in the household has been recruited into the study
- Lives in more than one household and spends an equal amount of time per week in each household

Locations (1 total)

New Zealand

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12611000164998>

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