

# Interactive SNAP (Smoking/Nutrition/Alcohol/Physical Activity) program for adolescents delivered with Augmented Reality technology: A Qualitative Study

ACTRN12622000627752

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Status	RECRUITING
Sponsor	UniSA City East
Enrollment	21 participants

## Plain Language Summary

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Teenagers and young adults face many pressures around smoking, nutrition, alcohol, and physical activity — choices that can set the course for their long-term health. Most health education for adolescents is delivered through printed posters or standard presentations. This study explores whether delivering health information through augmented reality (AR) — a technology that overlays digital content onto the real world through a smartphone — is an engaging and effective way to reach young people.

Researchers developed an AR health education poster using an app called Zappar, with input from adolescents themselves. The study involves interviews with teenagers (aged 13–18), their parents, and health professionals to understand people's opinions on digital health education and what they think works or does not work about this particular AR approach.

You may be eligible to participate if you are an adolescent aged 13 to 18 years (with parental or caregiver consent), a parent or caregiver of someone in that age range, or a health professional (doctor, nurse, or allied health professional) with at least 12 months of practice experience. All participants must be able to communicate in English.

## Key Eligibility Criteria

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### Inclusion (6)

- Adolescents aged 13-18 years old
  - Adolescents must be between the ages of 13-18 years of age when the interviews are performed and have a parent or caregiver willing to provide written consent.
  - Parents of adolescents aged 13-18 years old
  - Parents/caregivers must have at least one child in the age range of 13-18 years of age when interviews are performed,
  - Health professionals (doctors, nurses and allied health professionals)
- ... and 1 more (see full listing online)

### Exclusion (4)

- All participants must be able to communicate comfortably in both written and verbal English and have no intellectual or cognitive impairment that would limit their ability to give informed consent.
- Adolescents must be between the ages of 13-18 years of age when the interviews are performed and have a parent or caregiver willing to provide written consent.
- Parents/caregivers must have at least one child in the age range of 13-18 years of age when interviews are performed, see time period above.
- Health professionals must have been practising in their field at least 12 months, see time period above.

## Locations (2 total)

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South Australian Health and Medical Research Institute (SAHMRI) - Adelaide, SA, Australia  
<https://www.unisa.edu.au/health-and-medical-clinic/city-west> Adelaide, SA, Australia 622000627752

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