

A Mobile App to Improve 24-Hour Movement Guideline Adherence in Preschoolers

NCT06667661

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Kansas Medical Center
Enrollment	80 participants

Key Eligibility Criteria

Inclusion (11)

- Inclusion (Child):
- Ages 3-4 years.
- Parent report that they meet 0 or 1 recommendation for physical activity, sleep, and screen-time as defined by the 24-hour movement guidelines. The physical activity recommendation is defined as greater than or equal to 3 hours/day of total physical activity, including 1 hour of moderate-to-vigorous physical activity. The sleep recommendation is defined as 10-13 hours/day. The sedentary behavior recommendation is defined as less than or equal to 1 hour/day of sedentary screen-time.
- Inclusion (Parents):
- Parents must agree to use their mobile phone for the duration of the study (~12 weeks) and download the mobile app onto their phone.

... and 6 more (see full listing online)

Locations (1 total)

University of Kansas Medical Center, Kansas City, Kansas, United States