

						Feasibility & Efficacy of a pilot IV targeting mediation of change in children's PA: KAPS-Kids PA with parental support		Active Teen Leaders Avoiding Screen-Time (ATLAS)
Project name	PACE	Talking with Parents	The M.A.D.E (Mothers and Daughters Exercising) 4 Life Program	Healthy Dads Healthy Kids Randomised Controlled Trial	Healthy Dads Healthy Kids Community Trial	The Checking Body Image Scale		
<b>Researchers (1<sup>st</sup> listed is main contact person)</b>	Dr Anne-Maree Parish Prof Tony Okely Dr Dylan Cliff Dr Xanne Janssen Dr Chris Magee	Dr Lou Hardy et al	Alyce Cook Prof Philip Morgan Prof Ron Plotnikoff Prof Clare Collins	Prof Philip Morgan Prof Clare Collins A/Prof David Lubans Prof Robin Callister Dr Richard Fletcher Dr Tracy Burrows Prof Ronald Plotnikoff		Helen Brown Prof Jo Salmon Dr Clare Hume Dr Anna Timperio, Dr Natalie Pearson	Prof Helen Truby S Paxten	A/Prof Dave Lubans Prof Phil Morgan Dr Kerry Dally Prof Ron Plotnikoff Prof Tony Okely Prof Jo Salmon
<b>Targets parents-who</b>	-	Middle Eastern Parents/Mums	Mothers and their primary school aged daughters (M&D)	Fathers of primary school aged children		Are concerned about their kids PA		Parents of teenage boys
<b>Age of children</b>	4-13 years	5-12 years	5-12 years (girls)	5-12 years		10-12 years	7-12 years	12-14 years
<b>Design</b>	School playground, break time, intervention	Focus Group	Pilot RCT, bound by SCT	Randomised controlled trial	Non-randomised prospective design	RCT (pilot) Based on SCT, BCT, SEM	Rcbisial Scale that can assist in the measurement of body image perception and body image satisfaction	Group RCT
<b>Setting</b>	To determine if there's an association between bullying and PA levels	Parents of Middle Eastern Kids	After-school, community program	Maitland - a local government area in the Hunter Valley region of NSW, Australia	Five local government areas in the Hunter Valley region of NSW, Australia	Family		Secondary schools
<b>Intervention mode and components</b>	Assessed bullying with bullying surveys, PA with accelerometers	Qualitative Study	8-week, 90 minute after school information and physical activity program: 30 minute + separate M&D information sessions, followed by a 60 minute physical activity program, for M&D to exercise together using range fitness styles eg. Zumba, Yoga etc.	Program aims: to help fathers achieve their weight loss goals, become healthy role models, and promote healthy behaviors for their children. The program involves fathers attending 7x90 minute (RCT) or 8x90 minute (prospective design) face-to-face group sessions (three with children) over 3-months incorporating education and physical activity sessions. The HDHK program is based on Social Cognitive Theory and Family Systems Theory.		12 week IV, facilitated by KAPS researcher. Fortnightly phone calls and newsletters. Menu of equipment, DVD's, activity ideas, family and child planners, YMCA vouchers	Quick mode of evolution-takea about 5 minutes. Scale is free and available from HT	Schools, iphone app, website, newsletters, behaviour contract, blog

<b>Stage of completion</b>	Analysis	June 2013	Intervention and data collection complete. Currently in the writing phase for PhD	Intervention & Data collection complete. Data analysis and writing phase 2012-2013	Program complete. Data collection completed December 2013; Data analysis and writing phase 2014	Completed	Completed	In progress
<b>Primary outcome</b>		Better understanding of how health messages resonate with these parents	Objectively measured Physical Activity: Daughters Moderate to Vigorous Physical Activity	Father's weight	Father's weight	PA		BMI, BMI z-score, waist circumference
<b>Parenting-related measures</b>		N/A	Mothers parenting for physical activity were measured through adapting of a variety of validated scales. Mothers: sedentary behaviour, baseline diet (AES), intention, social support, goal setting, outcome expectations	Parenting strategies for eating and activity - assessed using the Parenting Strategies for Eating and Activity Scale (PEAS); Parenting for Physical Activity and Nutrition and Parental engagement	Parenting strategies for eating and activity - assessed using the Parenting Strategies for Eating and Activity Scale (PEAS); Parenting for Physical Activity and Nutrition; Parental engagement; Attitudes to rough and tumble play	Parent support, co-participation, access to PA in neighbourhood and home, availability of PA equipment at home and in neighbourhood		Parental activity, screen-time rules, social support
<b>Length of follow-up</b>			Baseline, 10-week & 20-week follow up	6 months	12 months	None (pilot)		18 months
<b>Any additional info (all based in Australia)</b>	This was a component of the intervention which aims to promote playground PA with the use of non-fixed equipment and policy changes in school settings.	Future plans to use info to work with Muslim communities					The CBIS recommended inclusion in outcome measures to evaluate children obesity treatment interventions. NICE UK (Obesity Evidence Framework)	
<b>Publications</b>			*	**			***	

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1. Cook AT, Morgan PJ, Collins CE, Plotnikoff RC. (2012). An examination of the association between a mother's parenting practices relating to physical activity and their daughter's physical activity levels. 4th ICPAH, Australian Conference of Science and Medicine in Sport, Syd, 31 Oct-3 Nov.
2. Collins CE, Cook AT, Morgan PJ, Schumacher T, Plotnikoff R. (2012). 'Associations between mother and daughter dietary intakes', Obesity Research & Clinical Practice Vol. 6 Suppl 1, Pg 80 [E3]  
Cook AT, Morgan PJ, Plotnikoff RC, Collins CE. (2011). 'The M.A.D.E (Mothers and Daughters Exercising) 4 LIFE feasibility study: Description of a theory-based physical activity intervention targeting mothers and their daughters', 2011 ISBNA Annual Meeting eProceedings, Melb, VIC [E3]
3. Cook AT, Morgan PJ, Plotnikoff RC, Collins CE. (2010). Rationale and intervention description of the M.A.D.E. 4 Fun feasibility study: An obesity prevention program for mothers and their daughters. Obesity Research and Clinical Practice 4 (Suppl 1): p S16-S16. Poster

\*\* Morgan, P.J., Lubans, D.R., Plotnikoff, R.C., Callister, R., Burrows, T., Fletcher, R., Okely, A.D. Young, M., Miller, A., Clay, V. Lloyd, A. & Collins, C.E. (2011). The 'Healthy Dads, Healthy Kids' community effectiveness trial: study protocol of a community-based healthy lifestyle program for fathers and their children, BMC Public Health, 11: 876.

\*\*\* Truby, H & Paxton S. Children's Body Image Scale. BJ Clin. Psych. 2002 (2002?) Updated version in BJCP 2008