



Prevention interventions for 13-18 year olds

Name + Logo	Contact	Sample characteristics	Intervention components	Publications	Additional information
<p>Physical Activity Leaders</p> 	<p>Dr David Lubans</p>	<p><u>Sample size:</u> 100 <u>Mean age at baseline:</u> 14.3 years</p>	<p><u>Design:</u> Group RCT <u>Setting:</u> Secondary schools in low-income communities <u>Length:</u> 6 months <u>Primary outcome/s:</u> BMI, BMI z-score, %body fat</p>	<ul style="list-style-type: none"> • Randomized controlled trial of the Physical Activity Leaders (PALs) program for low-active adolescent boys from disadvantaged secondary schools • Potential mediators and moderators of intervention effects in an obesity prevention program for adolescent boys from disadvantaged schools • Improving physical self-perception in adolescent boys from disadvantaged schools: Psychological outcomes from the Physical Activity Leaders randomised controlled trial 	<p><u>Full Name:</u> Physical Activity Leaders (PALs) program for adolescent boys</p> <p><u>Study Weblink:</u> n/a</p>

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NEAT Girls 	Dr David Lubans	<u>Sample size:</u> 357 <u>Mean age at baseline:</u> 12- 14 years	<u>Design:</u> Group RCT <u>Setting:</u> Secondary schools in low-income communities <u>Length:</u> 12 months <u>Primary outcome/s:</u> BMI, BMI z-score, %body fat	<ul style="list-style-type: none"> • The Nutrition and Enjoyable Activity for Teen Girls (NEAT girls) randomized controlled trial for adolescent girls from disadvantaged secondary schools: rationale, study protocol, and baseline results • Preventing obesity among adolescent girls: One-year outcomes of the Nutrition and Enjoyable Activity for Teen Girls (NEAT Girls) cluster randomized controlled trial 	<u>Full Name:</u> Nutrition and Enjoyable Activity for Teen Girls <u>Study Weblink:</u> n/a

** Abbreviations: RCT = randomized controlled trial, PA = physical activity, SB = sedentary behaviour, TV = television, BMI = body mass index