

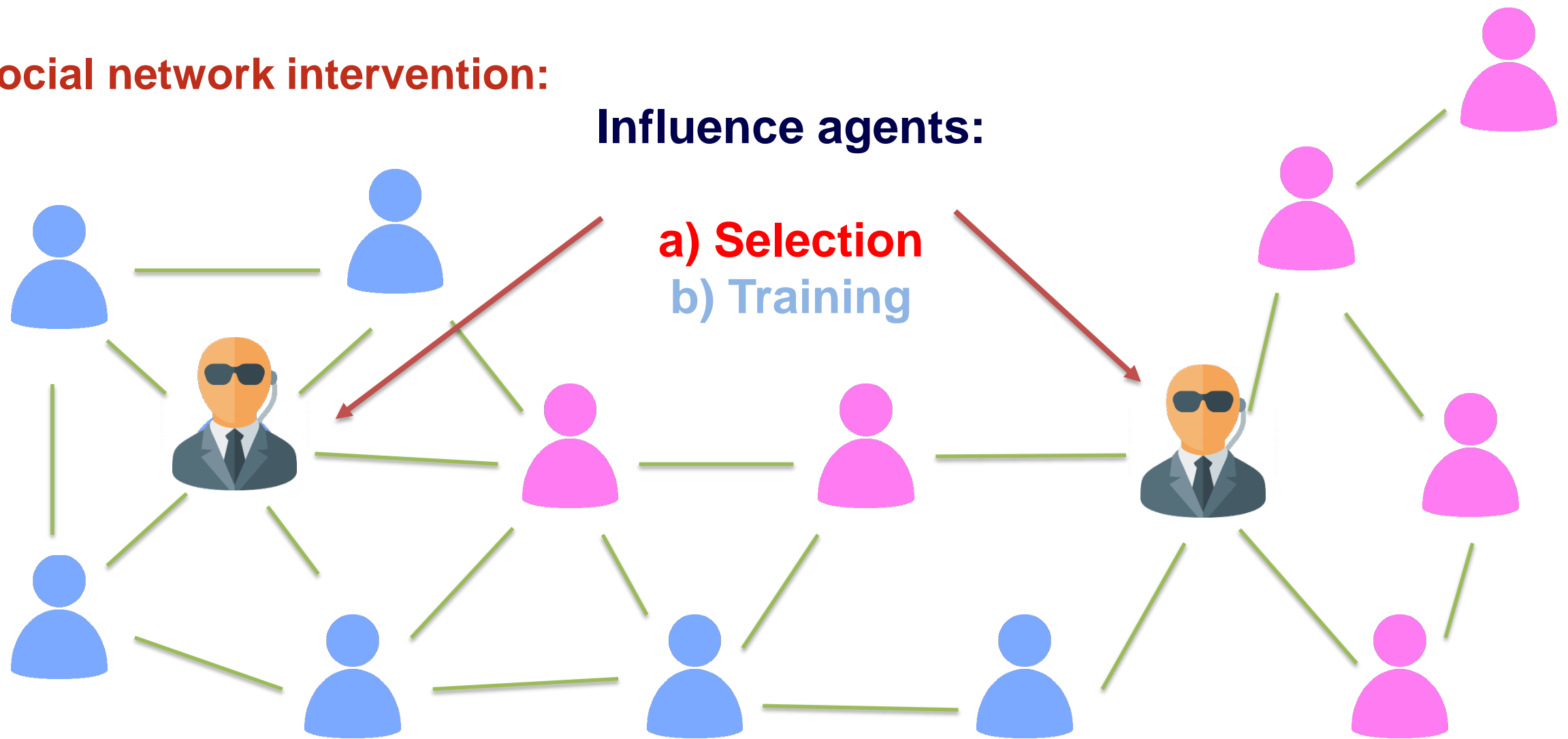
Testing a Social Network Vlog Intervention to Promote Physical Activity Among Adolescents: A Randomized Controlled Trial

Thabo van Woudenberg,
Kirsten Bevelander,
William Burk,
Crystal Smit,
Laura Buijs,
and Moniek Buijzen

ISPAH 2018, London

Social network intervention:

Influence agents:



Sample

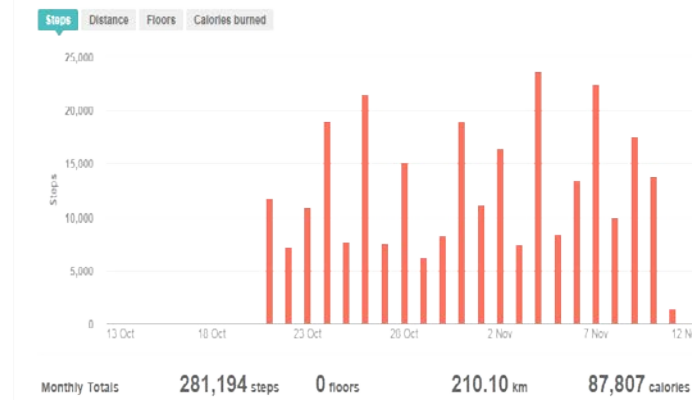
Participants:

- 🔗 **589** participants (47% male)
- 🔗 9 to 16 years old ($M = 11.48$ years, $SD = 1.30$)
- 🔗 27 Classes (10 secondary)

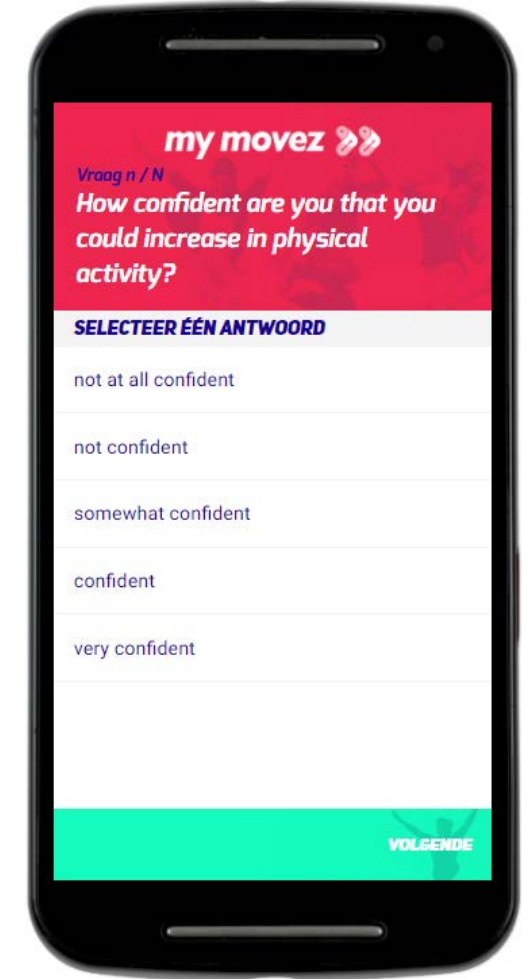
Social network condition:

- 🔗 15% of the participants is influence agent
- 🔗 4 or 6 influence agents per class (gender balanced)



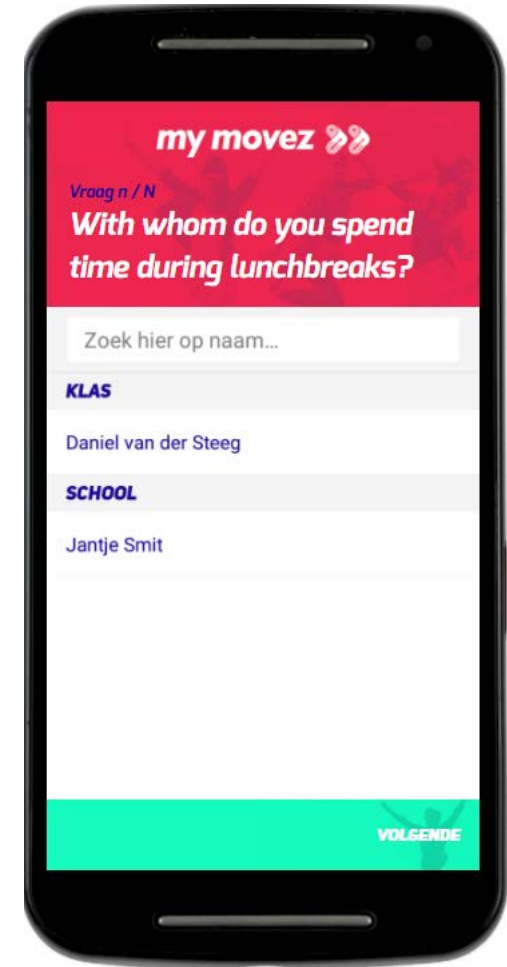
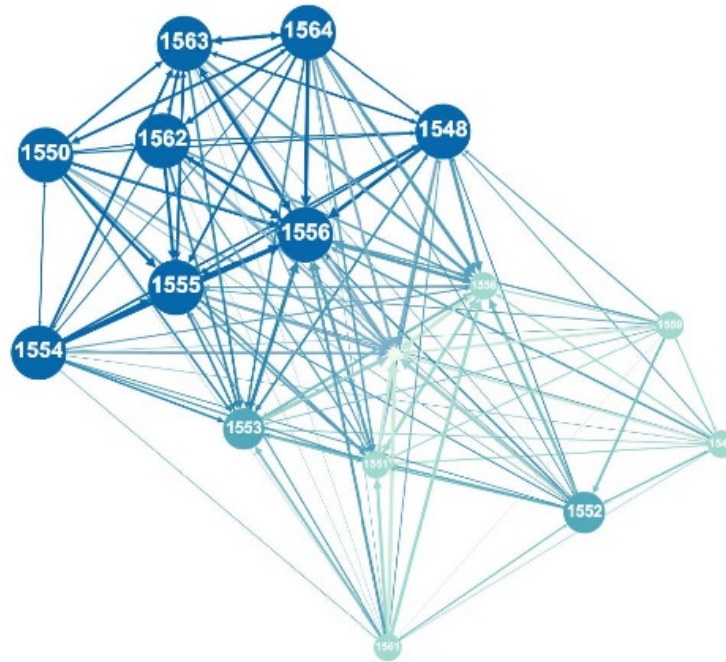


Questionnaires
Self-efficacy
Social norms
Intentions
Motivations
Athletic Competence



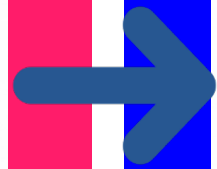
Sociometric questions

Peer nomination



Conditions

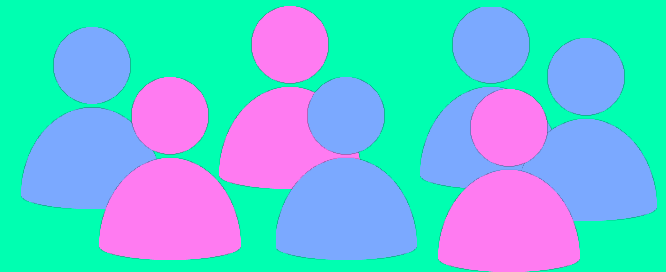
Social network intervention



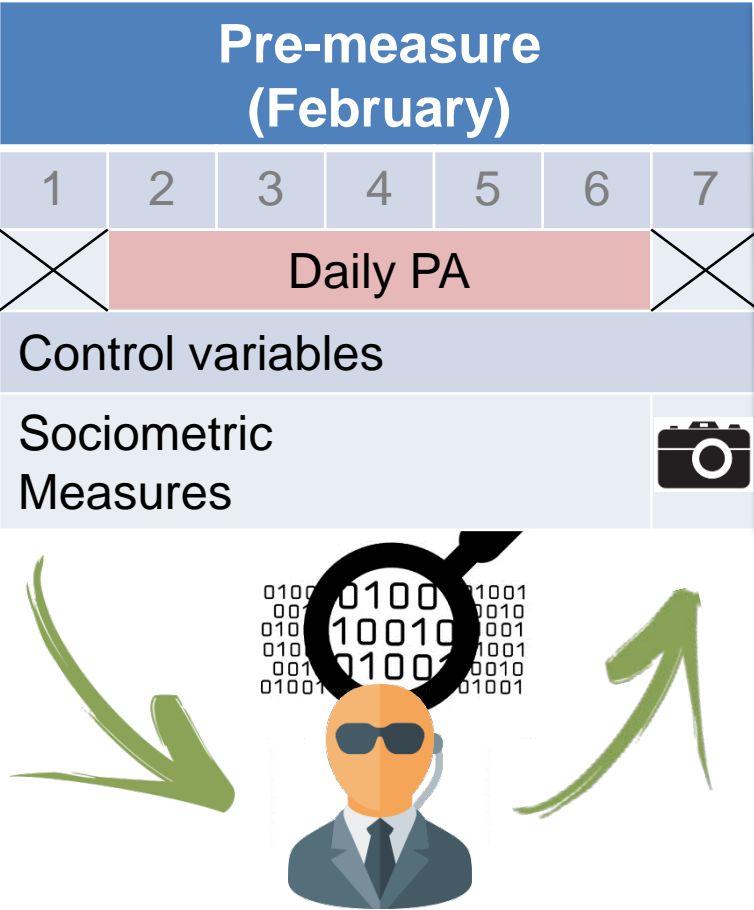
Mass media campaign



Control



Timeline










Instruction

Editing

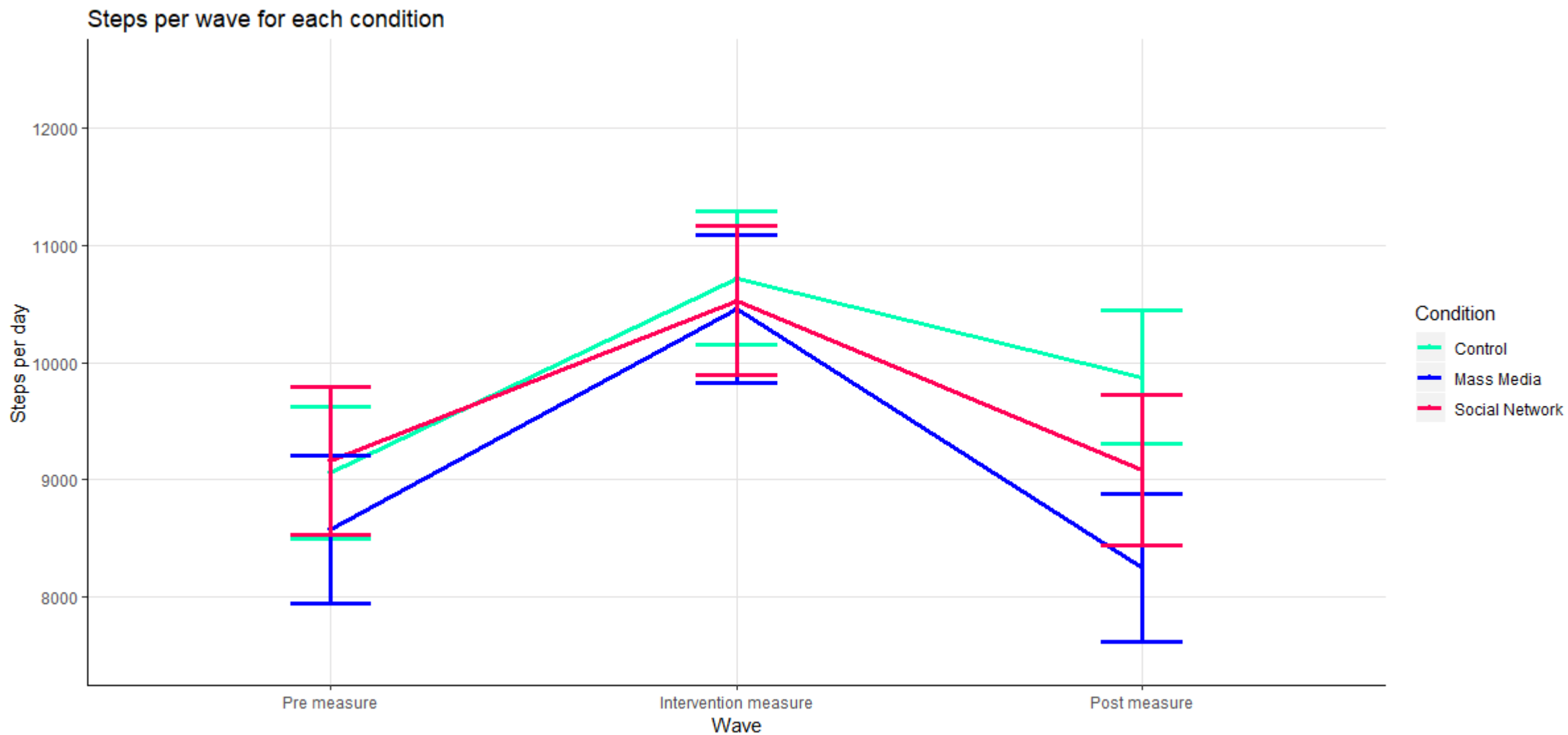




Timeline

Pre-measure (February)							Intervention (April)							Post measure (June)							
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	
	Daily PA							Daily PA							Daily PA						
Control variables							Control variables							Control variables							
Sociometric Measures							V1	V2	V3	V4	V5	V6									





Discussion

- Increase during the intervention in all conditions
 - Secondary measures such as norms or motivation
- Intervention period is (to) short
 - Investigate the effect of the separate vlogs
 - Investigate the effect of liking of the vlogs
- Influence agents were positive about making the vlogs
 - Needed some help in the filming process (especially primary school)



Contact information

Thabo van Woudenberg
Behavioural Science Institute
Radboud University, the Netherlands

www.TvanWoudenberg.com
t.vanwoudenberg@maw.ru.nl

mymovez@bsi.nl
www.mymovez.eu



Moniek Buijzen
PRINCIPAL INVESTIGATOR



Kris Bevelander
RESEARCH COORDINATOR



William Burk
STATISTICAL ANALYSIS EXPERT



Thabo van Woudenberg
PHD - PHYSICAL ACTIVITY



Crystal Smit
PHD - NUTRITION



Laura Buijs
PROJECT COORDINATOR



Esther Rozendaal
PROJECT ADVISOR



Rebecca de Leeuw
PROJECT ADVISOR



my movez

