

Effect of a school-based intervention on screen time behavior and family support: the "MOVIMENTE" program

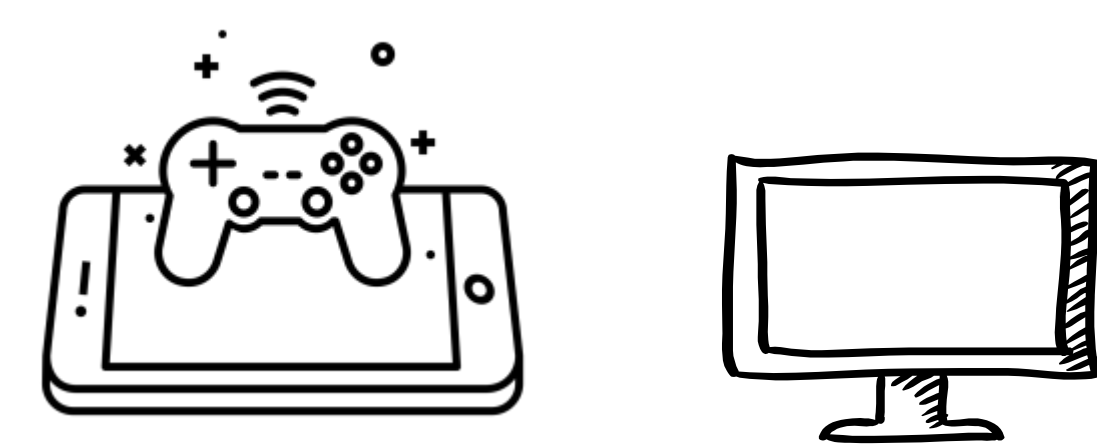
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INTRODUCTION





unhealthy behaviors and risk factor to cardiovascular disease

- School-based interventions to reducing screen time and psychosocial factors;
- Small effect; most evidence in high-income countries;
- Few studies have been considered the Brazilian reality.

OBJECTIVE

- To verify the effect of a school-based intervention on screen time and family support for screen time among Brazilian students.

METHOD(S)

-  Cluster-randomized controlled study (3 intervention and 3 control schools); Sample: 420 (control) 546 (intervention) Brazilian adolescents from 7th to 9th grades;
- Intervention strategies: environmental changes, teacher training and educational actions;
- Baseline (March/April 2017) and post-intervention (November/December 2017);
-  TV and computer/games; week days (<2 hours/day or ≥ 2 hours/day) parents encouraged, commented on and controlled them in reducing screen time.
- McNemar test was performed to assess statistical significance ($p \leq 0.05$) of follow-up changes.

RESULT(S)

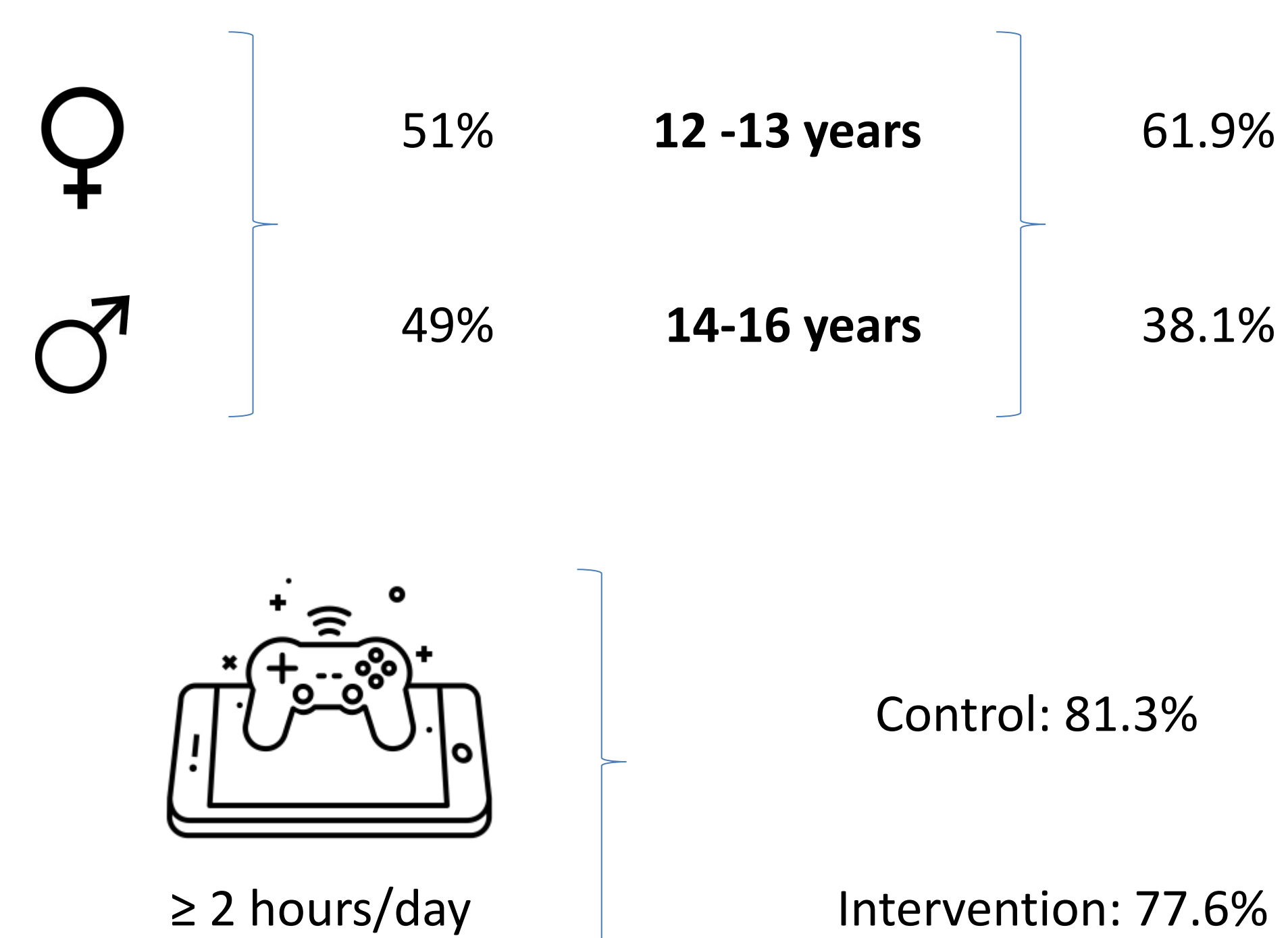


Table 1. Effect of intervention on excessive screen time and on the family support to reduce screen time. Florianopolis, Santa Catarina, Brazil (2017).

	Control (402)			Intervention (546)		
	%	95% CI	<i>p</i>	%	95% CI	<i>p</i>
Screen time						
≥ 2 hours	-5.1	-10.4; 0.1	0.06	-6.6	-10.3; -2.8	<0.001
Family support						
Question 1	-4.0	-10.1; 2.1	0.20	-2.4	-7.7; 2.8	0.39
Question 2	-2.51	-7.7; 2.7	0.37	-6.0	-10.3; -1.7	0.01
Question 3	-5.3	-11.7; 0.6	0.08	-2.8	-7.7; 2.1	0.28

95%CI: 95% confidence interval. Question 1: Encourage to decrease time watching TV or using computer / video game; Question 2: Comment with me that a lot of time in front of the TV, computer or video game can hurt my health; Question 3: Prevent to watch TV or use computer /video game when I do something wrong. Orange values indicate statistical significance ($p < 0.05$).

CONCLUSION(S)

- The results suggest that the intervention was effective in reducing screen time.
- However, other strategies to increase family support in reducing screen time need to be assessed;
- Future studies could identify possible mediators of the intervention effect.

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