

# Measuring what matters: a core outcome set for school-based physical activity interventions

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## About the research

- Many studies evaluate the impact of school-based physical activity interventions on children's health.
- Different studies measure different outcomes relevant to specific audiences only.
- Variations in the outcomes measured across studies limits the process of bringing together information from a range of sources and disciplines to inform debates and decisions on specific issues (evidence synthesis).
- Research needs to focus on measuring the outcomes that are considered the most important by key groups who would benefit from a better understanding of the impact of school-based physical activity interventions on children's health.
- A core outcome set would help to standardise the outcomes to be measured during research on school based physical activity interventions.

## What we did

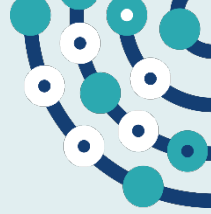
- Using input from five key stakeholder groups (health researchers, public health professionals, parents, teachers and children) we identified a core outcome set.

## Policy implications

- UK Government policies promote school-based physical activity interventions.
- This core outcome set can be used to:
  - ❖ improve the evidence base for school-based physical activity interventions on children's health as it will allow evidence synthesis.
  - ❖ better promote successful interventions as they talk to the priorities of key stakeholder groups such as teachers, parents and children
  - ❖ this will help with the uptake of physical activity interventions by schools.



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**Key findings**



65

participants rated 50 outcomes under 3 domains in a 2-round Delphi survey



13

outcomes rated 'critically' important to measure



16

children participated in the workshop



8

outcomes considered important

**Consensus meeting: 14 outcomes agreed to be included**

**CORE OUTCOME SET**

**Physical Activity & Health**

- Diet (varied & balanced)
- Energy
- Fitness
- Intensity of physical activity
- Sleep (hours)



**Social and Emotional Health**

- Anxiety
- Depression
- Enjoyment
- Happiness
- Self-esteem
- Stress
- Wellbeing



**Educational performance**

- Concentration
- Focus



**Further information**

More information can be found at:  
<https://nihrsphr.link/OutcomesPhysicalActivityPrimarySchool>  
[Developing a core outcome set... BMJ Open. 2022.](#)  
[Protocol for developing a core outcome set... BMJ Open. 2019.](#)

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**About the School**

The NIHR SPHR is a partnership between the Universities of Sheffield; Bristol; Cambridge; Imperial; and University College London; The London School for Hygiene and Tropical Medicine (LSHTM); LiLaC – a collaboration between the Universities of Liverpool and Lancaster; and Fuse - The Centre for Translational Research in Public Health a collaboration between Newcastle, Durham, Northumbria, Sunderland and Teesside Universities.



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