

Behavioral and Social Approaches to Increase Physical Activity: Enhanced School-Based Physical Education

Summary Evidence Table - Study Design and Sample Characteristics

Author (year) Risk of Bias	Study Design (Country)	Schools (n)	Interv. Sample Size (n)	Control Sample Size (n)	Data Unit Represents	Total Students (in IG)	Total Students (in CG)	Year Level (Age Range, Years)	Gender
Fairclough and Stratton (2005) Moderate	Cluster RCT (UK)	1	15 (Heart rate monitor data) 5 (SOFIT data)	18 (Heart rate monitor data) 5 (SOFIT data)	Students Lessons	15	18	7 (11-12)	Girls
Ignico et al. (2006) High	Cluster RCT (USA)	1	68	18	Students	68	18	5	Both (54% boys)
McKenzie et al. (1996) Moderate	Cluster RCT (USA)	96	648 ^a	400 ^a	Lessons	5,352	3,743	3	Both (52% boys)
McKenzie et al. (2004) Moderate	Cluster RCT (USA)	24	351 ^a	360 ^a	Lessons	12,500 ^a	12,500 ^a	6-8	Both (% not indicated)
Quinn and Strand (1995) High	Cluster RCT (USA)	1	29	31	Students	29	31	7 (12-13)	Boys
Rowlands et al. (2008) High	Cross-over design (UK)	1	19	^b	Students	45	45	5 (10-11)	Both (56% girls)
Sallis et al. (1997) Moderate	Cluster RCT (USA)	7	70	33	Classes	1,045 ^a	493 ^a	4	Both (53% boys)
Scantling and Dugdale (1998) Moderate	Cluster RCT (USA)	1	21	22	Students	21	22	9	Girls

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Simons-Morton et al. (1991) Moderate	Cluster RCT (USA)	4	171	159	Students	171	159	3-4	NR
Strand and Anderson (1996) High	Cluster RCT (USA)	1	30	30	Students	30	30	7 (12-13)	Boys
Van Beurden et al. (2003) High	Quasi-experiment (Australia)	18	117 ^a	117 ^a	Lessons	523 ^a	523 ^a	3-4 (7-10)	Both (53% boys)
Verstraete et al. (2007) Moderate	Cluster RCT (Belgium)	16	190 (Accel. data) 19 (SOFIT data)	190 (Accel. Data) 19 (SOFIT data)	Students	399	365	4-5 (mean: 11.2)	Both (50% boys)
Webber et al. (2008) Low	Cluster RCT (USA)	36	215 ^a	215 ^a	Lessons	1,080 ^a	1,080 ^a	6-8	Girls
Young et al. (2006) Moderate	RCT (USA)	1	40	41	Lessons	116	105	9 (mean: 13.8)	Girls

^a Estimated value

^b Participants served as their own controls

Derived from: Lonsdale C, et al. A systematic review and meta-analysis of interventions designed to increase moderate-to-vigorous physical activity in school physical education lessons. *Prev Med* 2013;56(2): 152-61, Table 1.

Abbreviations:

Accel, Accelerometer

RCT, Randomized Controlled Trial

SOFIT, System for Observing Fitness Instruction Time

UK, United Kingdom

USA, United States of America