Lifestyle: elke stap telt focus: Evolutie van de zelf gerapporteerde fysieke activiteit.

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Context: In this study, we wanted to see if wearing an activity tracker can increase the level of self-reported physical activity in school going adolescents. A second part of this project investigates a possible effect on the psychological wellbeing of these adolescents.

Onderzoeksvraag: Can wearing a pedometer increase the physical activity in adolescents?

Methode: Using a physical activity questionnaire for adolescents (PAQ-A), we calculated the physical activity level of 172 students before and after eight weeks of intervention period. The study population was divided into two randomised groups. An intervention group that wore an activity tracker during the eight weeks and a control group that did not. The two groups' mean activity level before and after the intervention period was compared to see if an increase, stabilisation or decrease could be found.

Resultaten: Wearing a pedometer increased the physical activity score in adolescents in general and technical secondary education, but not in vocational secondary education. The increase was found statistically not significant because of the limited sample size and power of the study.

Conclusie: Using an activity tracker to increase the self-reported physical activity in adolescents has a positive effect, but not in a statistically significant manner. This project can be considered a promising pilot study for further and larger scaled investigation on the subject.