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Assignment Title :	Component 1: Scoping review proposal

Title

A Scoping Review of School-Based Diabetes Prevention Programs

Background and Rationale

The efficiency of programmes in schools in preventing Type 2 diabetes in children.
How effective are educational programmes in preventing Type 2 diabetes among children?

The research being investigated evaluates how behavioural and educational programmes implemented in schools can lower children's risk of Type 2 diabetes, especially in those who are more vulnerable because of their family history, inadequate nutrition, or being overweight. (perng et al,

Research Aim and Objectives

"The primary aim is to systematically map existing research on school-based diabetes prevention programmes using a scoping review approach. This will:

1. Identify the different types of diabetes preventive programmes that are now being implemented in schools.
2. To assess the impact of these programmes on children's health behaviours (such as food and physical activity)
3. To investigate the role of teachers and community collaborations in implementing effective interventions.

Methodology

Scoping Review Framework

Research Question

"What are the key themes in school-based diabetes prevention programmes as identified by existing peer-reviewed literature?"

Inclusion and Exclusion Criteria

Inclusion:

- Studies published in English, within the last 10 years
- Peer-reviewed articles focused on school-based diabetes prevention programmes
- Research involving children
- Studies that assess policy-based, lifestyle, or educational interventions in educational environments

Exclusion:

- Non-peer-reviewed articles
- Studies outside the defined timeframe
- Research focused on unrelated topics
- Studies that only concentrate on treatment
- Adult populations

Data Collection and Analysis

- **Search Strategy:** A systematic search will be conducted using databases such as Google Scholar and PubMed. Keywords will include "school-based diabetes prevention", "Type 2 diabetes in children", "health education in schools", "childhood obesity and diabetes", and "school health interventions".

Analysis:

The review will map the content of existing literature using the scoping review framework developed by Arksey and O'Malley (2005). Aveyard's condensed version of Braun and Clark's (2006) thematic analysis will be applied in order to find recurrent themes and patterns (Aveyard, 2014). Key steps will include:

Scan: Looking through abstracts and titles to find relevant research.

Sort: Arranging research according to themes including educational policies, exercise, and diet.

Summarise: Highlighting the most important conclusions from every study.

Synthesis: Comparing results from several studies and organising them into recurring themes.

Expected Outcomes

Finding important themes, methods, and obstacles in school-based diabetes prevention programmes is the anticipated result of this scoping evaluation, which will also offer insights that can guide prospective health and social care initiatives focused at lowering children's risk of Type 2 diabetes.

Ethical Considerations

The primary focus of ethics is to ensure compliance with accepted ethical principles and practices of conduct and governance (UWTSD, 2022). The primary ethical criteria that are relevant to my line of work are:

- When I find my articles, I will honestly report my findings and represent the material as accurately as possible.
- I will go through an honest process of finding articles on the subject and narrowing it down using the systematic process, rather than just choosing articles that fit my agenda.

- To be honest, I will produce the work myself.
- I will make sure that every piece I utilise has some type of ethically proved validation and include accurate references to give credit where credit is due. (Stanley and McLaren, 2007).

References

- ❖ Arksey, H. and O'Malley, L. (2005) 'Scoping studies: Towards a Methodological Framework', *International Journal of Social Research Methodology*, 8(1), pp. 19–32. Available at: <https://doi.org/10.1080/1364557032000119616>.
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- ❖ Perng, W., Conway, R., Mayer-Davis, E. and Dabelea, D. (2023) 'Youth-Onset Type 2 Diabetes: the Epidemiology of an Awakening Epidemic', *Diabetes Care*, 46(3), pp. 490–499. Available at: <https://doi.org/10.2337/dci22-0046>.
- ❖ Stanley, R. and McLaren, S. (2007) 'Ethical Issues in Health and Social Care Research', *Ethics*, pp. 35–52. Available at: <https://doi.org/10.46692/9781847422286.003>.
- ❖ UWTSD (2022) *Research Integrity and Ethics*, *The University of Wales Trinity Saint David*. Available at: <https://www.uwtsd.ac.uk/research/research-integrity-and-ethics> (Accessed: 3 October 2025).

