Effect van voorlichting over sociale invloed op snack gedrag van kinderen. Effect of information and training about social influences on children's snack food intake.

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON20730

Source
NTR

Brief title
Intervention social modeling

Health condition

(snack) food intake
social modeling
overweight children

sociale invloed snack gedrag
kinderen
voedselinname
overgewicht

Sponsors and support

Primary sponsor: This study was supported by a grant of the Behavioural Science Institute, of the Radboud University Nijmegen, the Netherlands

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Source(s) of monetary or material Support: This study was supported by a grant of the Behavioural Science Institute, of the Radboud University Nijmegen, the Netherlands

Intervention

Outcome measures

Primary outcome

To measure social influence on food intake in the intervention group compared to the control group:

1. Snack food intake (kcal);

2. Micro-imitation: Video coding of food picking movements of the instructed peer and the participant.

Secondary outcome

To test other factors that affect food intake:

1. Control measures: Hunger rating, liking test food, liking instructed peer;

2. BMI, sex, age;

3. Dutch Eating Behavior Questionnaire (eating style);

4. Evaluation of intervention (did they understand the intervention, can they provide examples of social modeling).

Study description

Background summary

People are found to follow the food intake of a peer and eat more when others do. In this study it is investigated whether children can be made aware of these social modeling effects during a short intervention at school and are less influenced by the food intake of a peer (compared to the control group).

During the intervention, we explain social modeling effects and imitation to the children. On this day, the majority of the control group is tested. On the next day, the intervention group is tested. By means of social modeling experiments, we compare the food intake of the intervention group to the control group which has received no information about social modeling effects and imitation. In addition, we coded the intake movements of the participant and peer dyads to investigate micro-imitation.

Study objective

It is hypothesized that participants who received information about social modeling effects in the intervention group consume less (snack) food compared to participants in the control group.

Study design

Pilot study: October - December 2011;

Intervention: February - June 2012.

Intervention

People are found to follow the food intake of a peer and eat more when others do. In this study it is investigated whether children can be made aware of these social modeling effects during a 10-minute intervention at school and are less influenced by the food intake of a peer (compared to the control group).

During the intervention, the children are told about social modeling effects and imitation by means of pictures of monkey's and humans who model body postures, a little movie clip in which they see children model the food intake of some one else and an exercise in which children have to model an experimenter's food choice and intake.

One day after the intervention, social modeling experiments are conducted. In a social modeling experiment, a naive participant is paired with an instructed peer. The peer is instructed to eat a certain amount of test food. During the social modeling experiment, the children are video taped.

We compare the intervention group to the control group which has received no information about social modeling effects and imitation.

Contacts

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Eligibility criteria

Inclusion criteria

1. Participation of primary schools and teachers;

2. Active consent of parents from boys and girls in grade 2 and 3 ('groep 4 en 5'; age 7-10) in the Netherlands.

Exclusion criteria

1. Children with medical conditions such as diabetes, lactose intolerance, food allergies (e.g., nuts, milk and cacao) are excluded because they cannot eat the test food (chocolate-coated rice crisps);

2. Dyads are excluded after participation in the study:

A. When the peer did not follow instructions;

B. When the participant became aware of the real aim of the study.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	N/A , unknown

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	01-09-2012
Enrollment:	145
Type:	Anticipated

Ethics review

Positive opinion

Date:	11-05-2012
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL3312
NTR-old	NTR3459
Other	Ethical Commission : ECG2012-2505-037
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

See for more information about social modeling: Bevelander, K.E., Anschutz, D.J. & Engels, R.C.M.E., 2012. Social norms in food intake among normal weight and overweight children. Appetite, 58 (30), 864-872.