

Testing a web-based tailoring program about different lifestyle behaviors (smoking, alcohol consumption, eating pattern and exercise).

No registrations found.

Ethical review	Not applicable
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON21137

Source

NTR

Brief title

Testing an Internet-based Lifestyle Approach

Health condition

prevention of cardiovascular diseases and cancer, smoking, alcohol, fruit consumption, vegetable consumption, physical activity;

preventie van hart- en vaatziekten en kanker, roken, alcohol, fruitconsumptie, groenteconsumptie, beweging

Sponsors and support

Primary sponsor: ZonMw?

Source(s) of monetary or material Support: ZonMw, the Netherlands Organisation for Health Research and Development

Intervention

Outcome measures

Primary outcome

Effect analyses

Secondary outcome

1. Cost-effectiveness;
2. Predictors of change;
3. Analysis of group structures (clusters);
4. Process evaluations;
5. Subgroup analyses pertaining to SES, age and gender.

Study description

Background summary

Smoking, high alcohol consumption, unhealthy eating habits and physical inactivity often lead to diseases, such as cardiovascular diseases and cancer. Tailored web-based interventions are one way to help people to change and improve their lifestyle. The aim of this study is to test and compare the effectiveness of three different strategies for changing lifestyle using a multiple health behaviour web-based approach. Within our program, people in the sequential condition are provided with the opportunity to change one behavior first and if they succeed, they may choose a second behavior. People in the generic condition are invited to change all their unhealthy behaviors at once. People in the control condition receive a health risk appraisal once. It is hypothesized that the effectiveness of the experimental conditions will depend on the motivational characteristics of the person.

Study objective

The effectiveness of the experimental conditions depends on the motivational characteristics of the person.

1. The sequential condition will lead to 10% behavior change in one behavior after two years, if a person is only motivated to change one behavior in comparison with the generic condition and to 20% behavior change when compared to the control condition;
2. We aim at demonstrating a 10% difference for the generic condition in comparison with

the sequential group and a 20% difference with the control group. Hence, the generic approach will be most relevant for people willing to change a whole set of behaviors.

Study design

T0: demographic characteristics, health status (SF12, MHI5, K10), health behavior status (Smoking is measured by the abbreviated version of the Fagerström Test for Nicotine Dependence. Alcohol consumption is measured by the Dutch Quantity-Frequency-Variability questionnaire (QFV). Fruit and vegetable intake is measured by the Short Questionnaire for Fruit and Vegetable Intake. Physical activity is measured by the Short QuesTionnaire to ASsess Health-enhancing physical activity (SQUASH). + health risk appraisal.

Exp conditions: questionnaire about perceptions (beliefs) with respect to one or more health behaviors) + personal advice.

T1 (after 12 months):

CG: Questionnaires about health behaviors;

EG: Questionnaires about health behaviors as well as their perceptions concerning one or more health behaviors.

T2 (after 24 months):

CG: Questionnaires about health behaviors;

EG: Questionnaires about health behaviors as well as their perceptions concerning one or more health behaviors.

Intervention

There are three different conditions: two experimental conditions and one control group.

In the Sequential Single Behavior Tailoring condition (SSBTc), persons will be invited to first change one behavior in the first year. Persons will be encouraged to change the behavior for which they are motivated most. They are free to select one of the behaviors with which they do not comply with the recommendation in order to receive personal advice on this health behavior. At every prompt, persons in this condition will be asked to fill out a questionnaire about all behaviors, as well as about their perceptions (beliefs) with respect to the behavior they have chosen to focus on. If persons fill in the test in the meantime, they only have to fill out the questions concerning the chosen behavior. In case a person has successfully changed

the first behavior, he/she will be provided the option to choose a second behavior in the second year. In case a person has not changed the first behavior, he/she will be invited to change the behavior for which he/she is motivated most in the second year.

Generic Lifestyle Tailoring. In case of a negative discrepancy between the status of their current health behaviors and public health guidelines set for these behaviors, participants in the Generic Lifestyle Tailoring condition (GLTc) are stimulated to change all these behaviors with help of the CT program. Thus, persons obtain feedback on all behaviors with which they do not comply to the guideline. At every prompt and every visit, persons will be asked to fill-out questions about all five health behaviors. In this way, the program can check on which behaviors the person must receive personal feedback concerning their perceptions.

Control condition. The control condition will only receive questionnaires about the five health behaviors at pretest (T0) and at follow up at 6 months, (T1), 12 months (T2) and 24 months (T3). At baseline, they receive the health risk appraisal, but they have no opportunity to receive personal advice on their perceptions concerning one or more health behaviors.

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Eligibility criteria

Inclusion criteria

1. Adults (between 18 - 65 years);

2. Sufficient understanding of the Dutch language;
3. Internet access.

Recruitment takes place via different Regional Health Authorities (Dutch: GGDen) in the provinces North-Brabant and Zeeland. Adults, who participate in the Adult Health Monitor 2009 and who report being interested in receiving tailored feedback on different lifestyle behaviors (smoking, alcohol consumption, nutrition and physical activity) receive an e-mail, including a link to our website. However, people who do not take part in the Health Monitor 2009, also have the possibility to participate in our study.

Exclusion criteria

1. People younger than 18 years and older than 65 years;
2. Insufficient understanding of the Dutch language;
3. No Internet access.

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):	12-11-2009
Enrollment:	3285
Type:	Anticipated

Ethics review

Not applicable

Application type:

Not applicable

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	NL2051
NTR-old	NTR2168
Other	ZonMw : 120610012
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

N/A