

# Diet in Action. (Voeding in Actie)

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON21370

### Source

NTR

### Brief title

N/A

### Health condition

No condition, healthy person.

## Sponsors and support

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

## Intervention

## Outcome measures

### Primary outcome

Height, weight and waist circumference measured by a trained research assistant. Energy intake (total and of specific food groups) measured by a self-administered validated food frequency questionnaire developed by Wageningen University.

### Secondary outcome

Psychosocial variables.

# Study description

## Background summary

In weight management, avoidance of energy dense (i.e. rich in fat and/or sugar) and choosing energy poor, dietary fiber rich foods is advocated. Small modifications in intake of energy-dense foods can prevent weight gain and induce modest weight loss. However, even when motivated to make small changes to the diet, it is often difficult to make and maintain these changes. This so-called intention-behavior gap is likely to be reduced with Implementation Intentions (IIs). IIs are specific action plans, defining where, and when to perform a particular action. With these action plans people are more likely to turn their intended behavior into action. Effects of IIs have been found for relatively simple and singular behaviors. The present study will test the effects of implementation intentions for making changes in energy intake, a more complex behavior. The IIs are added to a computer-tailored advice delivered in web-based format.

## Design:

RCT with a pretest and 3 posttests. Post-tests took place at four weeks, three months, and six months after the intervention.

Questions addressed in this study are:

1. Can IIs contribute to making actual changes in energy intake?
2. Are IIs better suited to induce new healthy behaviors (e.g. increase intake of low energy products), avoid unhealthy behaviors (e.g. decrease intake of high energy products) or exchange unhealthy practices for healthy ones?
3. Which factors (e.g. cognitions, values, personality traits) distinguish people who put IIs into action from those who do not?

This study is part of a larger project that explores the applicability of implementation intentions in energy expenditure (physical activity) as well. That intervention study is registered elsewhere in this database.

## Study objective

N/A

## **Study design**

N/A

## **Intervention**

The intervention consisted of a web-based computer-tailored program aiming at reducing calorie intake. In the first part of the program the most important energy sources in the diet were identified based on the answers on an extensive food frequency questionnaire and personal feedback about these energy sources and suggestions to change was provided. In the second part of the intervention, respondents had to make implementation intentions (IIs), i.e. specific action plans defining how, where and when to perform a particular action. There were 4 different versions of the 2nd part of the program, participants were randomly allocated by a computer to one of the conditions:

1. IIs to reduce the intake of high calorie products;
2. IIs to replace high calorie products by low calorie products;
3. IIs to increase intake of low calorie products;
4. control group, no II.

Respondents were exposed to the intervention in a laboratory setting. All the intervention materials were provided once.

## **Contacts**

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## Eligibility criteria

### Inclusion criteria

1. 18 - 65 years;
2. motivated to work on weight (prevention of weight gain and/or losing weight);
3. BMI > 25;
4. sufficient understanding of the Dutch language.

### Exclusion criteria

Prescribed diet from dietician or physician.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-09-2005
Enrollment:	487
Type:	Actual

## Ethics review

Positive opinion

Date: 26-07-2006

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	NL728
NTR-old	NTR738
Other	: N/A
ISRCTN	ISRCTN55250275

## Study results

### Summary results

N/A