An experimental study to test the effects of a video game training inhibitory control among young adults with eating disinhibition.

No registrations found.

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

Summary

ID

NL-OMON21905

Source
Nationaal Trial Register

Health condition

Food, Young Adults, Response Inhibition, Go/No-Go Training, Video Games

Sponsors and support

Primary sponsor: Radboud University Nijmegen, Behavioural Science Institute
Source(s) of monetary or material Support: Radboud University Nijmegen, Behavioural Science Institute

Intervention

Outcome measures

Primary outcome

Inhibitory control:

1. Go/No-Go Task.

2. Stop Signal Task (SST)

Secondary outcome

Evaluation of pictures in training

Study description

Background summary

In this experimental study the effects of a game-based inhibition training will be tested in a Dutch sample of young adults with eating disinhibition. Young adults who are motivated to eat more healthily are randomly assigned to one of two conditions. The intervention condition (inhibition video game) will consist of 7 play sessions of 6-10 minutes. The control condition (treatment-as-usual) will receive a self-help brochure by The Nutrition Information Center containing information about strategies for initiation and maintenance of healthy eating. Measurements of primary and secondary outcomes will be conducted in both conditions at baseline, and immediately following the intervention in laboratory visits.

Study objective

The effects of a game-based inhibition training will be tested in a Dutch sample of young adults with eating disinhibition. It is expected that the young adults who receive the inhibition video game will show higher levels of inhibitory control at post-test, compared to the control group.

Study design

1. Screening

2. Pre-treatment: all primary and secondary outcomes (immediately prior to first session)

3. Post-treatment: all primary and secondary outcomes (1-3 days after last session)

Intervention

Young adults with eating disinhibition who are motivated to eat more healthily are randomly assigned to one of two conditions. The intervention condition will receive an inhibition video game, which is a Go-NoGo training transformed into a video game format. There will be 7 daily play sessions of 6-10 minutes. The control condition (treatment-as-usual) will receive a self-help brochure by the Nutrition Information Center to take home. This brochure, containing information about strategies for initiation and maintenance of healthy eating, can be considered standard treatment in the Netherlands.

Contacts

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Eligibility criteria

Inclusion criteria

Young adults who are 1) 18 years or older; 2) willing to sign informed consent; 3) motivated to eat more healthily; and 4) have either a BMI > 25 (i.e., overweight), or a BMI > 18.5 (i.e., healthy weight) plus a minimal score of 5 on the Eating Disinhibition Subscale.

Exclusion criteria

Young adults who are 1) currently in psychosocial care; 2) taking psychotropic drugs; 3) have food allergies/intolerance for chips, grapes, and/or chocolate.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial

Masking:	Open (masking not used)
Control:	Active

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	01-03-2016
Enrollment:	100
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	NL5658
NTR-old	NTR5793
Other	Radboud Universiteit (ECSW) : ECSW2016-1403-378

Study results

Summary results
N/A