

# A qualitative study on factors moderating sustained use and efficacy of a digital feedback intervention on healthy eating behaviour (Eetmeter)

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Observational non invasive

## Summary

### ID

NL-OMON24161

### Source

NTR

### Health condition

Healthy eating, weight loss, eating behaviour change

## Sponsors and support

**Primary sponsor:** Lectoraat Crossmediale Communicatie in het Publieke Domein, Hogeschool Utrecht.

**Source(s) of monetary or material Support:** None

## Intervention

## Outcome measures

### Primary outcome

Platform use and user experience;

Perceived effect of platform use / ux on sustained use and behaviour change;

Perceived effect of social integration of platform use on sustained use and behaviour change;

Perceived effect of integration of eetmeter intervention with other healthy eating-related activities on sustained use and behaviour change;

### **Secondary outcome**

None

## **Study description**

### **Background summary**

The Eetmeter is an online food diary which gives users feedback on nutrients and calories and a comparison to nutrition guidelines. The current study evaluates potential moderators on sustained use and efficacy of this feedback intervention. To do so, we will perform a qualitative research project in which we interview 20 long-term users of the Eetmeter, and 20 novice users. Interview themes will be diary use and user experience; perceived behaviour change; integration of the intervention in the social practice of eating; and integration of the intervention in healthy eating practices.

### **Study objective**

We predict that matching user needs and characteristics with feedback properties increases chances of sustained use of the intervention, as well as eating behaviour change. Furthermore, greater social sharing of platform results (both on- and offline), as well as greater integration of platform use into other healthy eating practices such as diets, information seeking and sharing, etcetera, increase feedback efficacy and sustained use.

### **Study design**

One semi-structured interview

### **Intervention**

None.

## **Contacts**

### **Public**

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## Eligibility criteria

### Inclusion criteria

either novice user or sustained user of the Eetmeter platform or app

### Exclusion criteria

using the eetmeter platform for professional reasons, e.g. dieticians assessing clients' nutrition, or using the platform for educational purposes (e.g. biology class assignments)

## Study design

### Design

Study type:	Observational non invasive
Intervention model:	Parallel
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

### Recruitment

NL	
Recruitment status:	Pending

Start date (anticipated):	01-04-2016
Enrollment:	40
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 NL5654

NTR-old NTR5789

Other Lectoraat Crossmediale Communicatie in het Publieke Domein, Hogeschool Utrecht : 10403200

## Study results