# Biomarker evaluation of different types of Internet-based interactive computertailored nutrition education on fat consumption.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

# Summary

### ID

NL-OMON25163

**Source** Nationaal Trial Register

**Brief title** N/A

#### **Health condition**

The study contains 4 experimental conditions and 1 control group.

1: computer-tailored personal feedback on fat consumption in print form;

2: computer-tailored personal and normative feedback on fat consumption in print form;

3: computer-tailored personal, normative and action feedback on fat consumption in print form;

4: computer-tailored personal, normative and action feedback on fat consumption in webbased form (CD-ROM);

5: generic information on fat consumption in print form (control group).

All the intervention materials were provided once.

### **Sponsors and support**

**Primary sponsor:** department of Public Health, Erasmus MC, University Medical Center Rotterdam **Source(s) of monetary or material Support:** ZonMw

### Intervention

### **Outcome measures**

### Primary outcome

Total fat and saturated fat consumption – measured with a validated food frequency questionnaire developed by Wageningen Universityblood lipids (total cholesterol, HDL, LDL, triglycerids) – sampling and analyzing conducted by a certified laboratory (Star Rotterdam).

#### Secondary outcome

- 1. Intention to change;
- 2. Proces measures.

# **Study description**

### **Background summary**

Computer-tailored health education has been found to be a promising intervention technique to improve a variety of health related behaviors, such as physical activity and dietary behaviors. To be able to improve efficacy, efficiency and applicability of computer-tailored interventions, more in-depth investigations are needed into the most effective delivery forms (print versus interactive), the feedback elements that contribute to efficacy, and whether intervention effects can also be demonstrated using biomarkers as an outcome measure.

The aim of the present study was three-fold:

1. to investigate whether provision of interactive computer-tailored information versus in print format differ in efficacy;

2. to identify the minimally required feedback elements of a computer-tailored intervention;

3. to evaluate the intervention effects using biomarkers as an outcome measure in addition to self-reported behavior.

2 - Biomarker evaluation of different types of Internet-based interactive computer-t ... 6-06-2025

These research questions were studied in relation to a computer-tailored intervention aimed at fat intake. Fat intake is an important behavioral risk factor and computer-tailored interventions have been found most effective in reducing fat intake. The study was conducted among healthy adults recruited from nine companies and two communities in the area of Rotterdam.

### **Study objective**

N/A

### Study design

N/A

#### Intervention

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1. Computer-tailored personal feedback on fat consumption in print form;

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4. Computer-tailored personal, normative and action feedback on fat consumption in webbased form (CD-ROM);

5. Generic information on fat consumption in print form (control group).

All the intervention materials were provided once.

# Contacts

#### Public

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### Scientific

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# **Eligibility criteria**

### **Inclusion criteria**

- 1. Age 18 65 years;
- 2. No prescribed diet from dietician or physician;
- 3. No treatment for hyper cholesterolaemia;
- 4. Sufficient understanding of the Dutch language.

# **Exclusion criteria**

N/A

# Study design

## Design

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

### Recruitment

#### NL

4 - Biomarker evaluation of different types of Internet-based interactive computer-t ... 6-06-2025

Recruitment status:	Recruitment stopped
Start date (anticipated):	24-03-2003
Enrollment:	841
Туре:	Actual

# **Ethics review**

Positive opinion Date: Application type:

01-03-2006 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	NL567
NTR-old	NTR623
Other	: N/A
ISRCTN	ISRCTN01557410

# **Study results**

#### Summary results

J Med Internet Res. 2008 Apr 29;10(2):e12.<br><br><br><br><br><br><br>W.Kroeze, A.M. Werkman, J. Brug. A systematic review on the effectiveness of computer-

5 - Biomarker evaluation of different types of Internet-based interactive computer-t ... 6-06-2025

tailored physical activity and dietary behaviors. (in press). Annals of Behavioral Medicine 2006.