Biomarker evaluation of different types of Internet-based interactive computer-tailored 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
NTR

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 web-based 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.

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

The study contains 4 experimental conditions and 1 control group:

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 web-based form (CD-ROM);

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

All the intervention materials were provided once.

Contacts

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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

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

Ethics review

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

Study results

Summary results
J Med Internet Res. 2008 Apr 29;10(2):e12.

W.Kroeze, A.M. Werkman, J. Brug. A systematic review on the effectiveness of computer-

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