

Using implementation intentions to change unhealthy eating habits in a clinical morbid obese sample.

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON25412

Source

Nationaal Trial Register

Health condition

Morbid obesity
Unhealthy eating
Unhealthy habits
Psychological treatment program
Bariatric surgery

Morbide obesitas
Ongezond eten
Ongezonde gewoontes
Psychologisch behandeltraject
Bariatrische chirurgie

Sponsors and support

Primary sponsor: Utrecht University

Stichting Rijnstate ziekenhuis

Source(s) of monetary or material Support: Utrecht University

Stichting Rijnstate ziekenhuis

Intervention

Outcome measures

Primary outcome

The strength of unhealthy snacking habits measured with the Self-Reported Habit Index and the habitual mental associations measured with a lexical decision task (reaction times in milliseconds).

Secondary outcome

Unhealthy snack consumption measured with a seven day snack diary (in kilo-calories).

Study description

Background summary

Approximately 12% of the Dutch population is obese and 1-2% suffers from morbid obesity, and these numbers are increasing rapidly. (Morbid) obesity is associated with various serious diseases including type 2 diabetes mellitus, cardiovascular diseases, several forms of cancer, as well as a reduced life expectancy and a poorer quality of life. A radical yet highly effective treatment is bariatric surgery. To prepare people who will undergo bariatric surgery, patients are required to participate in a psychological treatment program. This program focuses on important factors to establish health behavior change in anticipation of and after the surgery. Although such programs concentrate on important factors like knowledge and motivation, usually, they do not facilitate the development of new automatic healthy behaviors. In order to reduce unhealthy and initiating healthy behaviors as well as to establish behavior change maintenance, promoting new desirable habits is essential. This can be established with the use of implementation intentions. Implementation intentions are specific if-then plans that aid the development of new, healthy, habits. Implementation intention are very applicable to many psychological treatment programs, are cost-effective, easy to implement, and have been found to be very effective. Yet, implementation intentions have hardly been used in samples such as morbid obese patients in a clinical setting. The present study aims to examine whether unhealthy eating habits as well as unhealthy snack consumption can be diminished with the use of an implementation intention intervention.

Study objective

It is hypothesized that patients receiving the implementation intention intervention will (1) develop stronger healthy eating habits and (2) consume fewer unhealthy snacks compared to patients in a control condition.

Study design

T0: Baseline

T1: Directly after the intervention

T2: One week after the intervention

T3: Six months after the intervention

T4: One year after the intervention

T5: Two years after the intervention

Intervention

The intervention is aimed at changing unhealthy snacking habits and consists of two parts:

1. First, participants will monitor their unhealthy snacking behavior for seven days using a cue-monitoring diary. In this diary, participants report which unhealthy snacks they consume as well as the situation in which this behavior was performed and their most important trigger for unhealthy snacking.
2. After this week, participants will receive elaborate instructions to formulate an implementation intention. For this 'if-then' plan, participants identify their most important trigger for unhealthy snacking (the 'if'-part of the plan; based on the cue-monitoring diary) and specify an alternative desirable behavior to perform in their snacking situation (the 'then'-part). They then formulate the complete if-then plan. This plan will reduce their old habit, while simultaneously create a new mental association between the situation that was formerly inducing the unwanted habit, with a new, healthier response.

Contacts

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Eligibility criteria

Inclusion criteria

Patients from the Dutch Obesity Clinic (Nederlandse Obesitas Kliniek) Velp who are in the psychological treatment program preparing for bariatric surgery.

Exclusion criteria

Patients who are unable to read and write.

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	03-02-2014
Enrollment:	80
Type:	Anticipated

Ethics review

Positive opinion

Date: 28-01-2014

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	NL4338
NTR-old	NTR4535
Other	METC Rijnstate : 989-200114 Janssen

Study results