

# Implementation of the "Eetscore" in patients with inflammatory bowel disease: relevant tool in clinical practice?

Published: 20-07-2020

Last updated: 15-05-2024

We hypothesize that adherence to the Dutch dietary guidelines ("Eetscore") is associated with quality of life in patients with IBD.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	-
<b>Study type</b>	Observational non invasive

## Summary

### ID

NL-OMON25747

### Source

Nationaal Trial Register

### Brief title

EetscoreIBD

### Health condition

Inflammatory Bowel Disease; Crohn's disease; ulcerative colitis

## Sponsors and support

**Primary sponsor:** Nutrition & Healthcare Alliance

**Source(s) of monetary or material Support:** Nutrition & Healthcare Alliance

## Intervention

## Outcome measures

### Primary outcome

Total score on the "Eetscore" and quality of life as measured by the short Inflammatory Bowel Disease Questionnaire (sIBDQ).

## **Secondary outcome**

Clinical disease activity measured by the patient Harvey Bradshaw Index (p-HBI) in Crohn's Disease and the Patient Simple Clinical Colitis Activity Index (P-SCCAI) in ulcerative colitis, and evaluation of the "Eetscore".

# **Study description**

## **Background summary**

Background: Diet is of great importance for patients with inflammatory bowel disease (IBD). There is no specific diet with a proven beneficial effect on the course of the disease. However, the Dutch food-based dietary guidelines do most certainly apply to IBD patients. The "Eetscore" is an online tool to assess the extent to which someone eats and drinks according to these guidelines. Subsequently, the "Eetscore" gives practical advice based on the participants' results, to eat and drink healthier according to the Dutch dietary guidelines. To date, the "Eetscore" has not been used by patients with IBD. Objectives: Our primary objective is to determine whether adherence to Dutch dietary guidelines is associated with quality of life in patients with IBD. Secondary objectives are to evaluate the adherence of IBD patients to Dutch dietary guidelines, whether use of the "Eetscore" leads to an improvement in adherence to Dutch dietary guidelines, whether use of the "Eetscore" leads to an improvement in quality of life and a decrease in clinical disease activity, to determine whether adherence to Dutch dietary guidelines is associated with clinical disease activity. We will also evaluate the opinion of IBD patients of the "Eetscore" tool. Study design: Prospective cohort study without a control group. Study population: Adult patients with IBD, who are treated in the gastroenterology department of Hospital Gelderse Vallei in Ede and the Rijnstate hospital in Arnhem. Patients with specific dietary advice (e.g. malnutrition), specific food allergies (e.g. peanut) and vegans are excluded. Study procedure: Participants are invited times to use the "Eetscore": at the start of the study and after 1 and 4 months. The "Eetscore" consists of a digital questionnaire to assess the extent to which someones diet meets the Dutch dietary guidelines for 16 food components, including meat, vegetables, fruit and fish. Depending on the score of a participant, a participant will receive advice per food component with practical tips to work independently on a healthy diet.

## **Study objective**

We hypothesize that adherence to the Dutch dietary guidelines ("Eetscore") is associated with quality of life in patients with IBD.

## **Study design**

Baseline, 1 month and 4 months

## Contacts

### Public

Wageningen University  
Carlijn Lamers

0646468946

### Scientific

Wageningen University  
Carlijn Lamers

0646468946

## Eligibility criteria

### Inclusion criteria

- Diagnosis of Crohn's disease, ulcerative colitis or IBD-U made by a gastroenterologist - 18 years of age or older - Ability to read and understand the Dutch language - The patient has access to an email address and a device to complete the online questionnaire - The patient has signed the informed consent form

### Exclusion criteria

- Receiving treatment by a dietician or specific dietary advice (e.g. due to malnutrition or an eating disorder) - Allergic to nuts, peanuts, fish or cow's milk protein - Adherence to a vegan lifestyle - Participation in another intervention study

## Study design

### Design

Study type:	Observational non invasive
Intervention model:	Other

Allocation:	Non controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

## Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	07-09-2020
Enrollment:	212
Type:	Actual

## IPD sharing statement

**Plan to share IPD:** No

## Ethics review

Positive opinion	
Date:	20-07-2020
Application type:	First submission

## Study registrations

### Followed up by the following (possibly more current) registration

ID: 49659  
Bron: ToetsingOnline  
Titel:

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
NTR-new	NL8784
CCMO	NL74460.081.20

**Register**

OMON

OMON

**ID**

NL-OMON49659

NL-OMON49659

## Study results