

Coaching and Individual Planning to Reduce Unhealthy Snacking: An intervention among employees

No registrations found.

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

Summary

ID

NL-OMON27324

Source

NTR

Brief title

CIPRUS

Health condition

Unhealthy snacking behavior; Unhealthy snacking habits

Sponsors and support

Primary sponsor: University of Amsterdam

Source(s) of monetary or material Support: NWO

Intervention

Outcome measures

Primary outcome

Unhealthy snacking behavior measured with a digital snack diary.

Secondary outcome

Healthy snacking behavior measured with a digital snack diary Unhealthy snack habit strength; BMI.

Study description

Background summary

The present study is about changing unhealthy snacking habits using an implementation intention intervention among members from the general population. Although many people aim to change their bad habits such as unhealthy snacking, many people find it difficult to enact their good intentions. One strategy that is very promising, is forming implementation intentions. Implementation intentions are specific if-then plans that identify a critical stimulus triggering the unwanted habitual behaviour, and link this to an alternative desired response (such as: 'If I am at home and I am feeling bored, then I will eat an apple!'). The first aim of the study is to investigate individual differences (e.g., demographics, motivation, habit strength, habit propensity, need for structure) that predict the success of changing unhealthy snacking habits using implementation intentions in a real-life setting. The second aim is to examine whether the habitual behaviour is more successfully changed in response to external cues (e.g., being at home) compared to internal cues (e.g., feeling bored) that are specified in the if-then plans. The study will be conducted among the employees of a large company. A digital diary is used to measure unhealthy snacking and its internal and external cues over a 5 week period. An implementation intention will be formed after the first (baseline) with the help of a personal coach using motivational interviewing. Several questionnaires and computer tasks will be assessed.

Study objective

Firstly, it is hypothesized that participants will reduce their unhealthy snacking behavior over time. Secondly, it is expected that the success of the intervention is predicted by individual differences. Most importantly, it is expected that participants who have a stronger habit propensity will benefit more from implementation intention interventions. Other individual differences will also be examined. Finally, it is expected that the type of cue identified in the implementation intention will affect intervention success.

Study design

T1: baseline; T2: after 1 week; T3: after 5 weeks.

Intervention

Healthyways program: A 5 week coaching program with 3 individual appointments with a coach, at the beginning, after the first week and at the end of the program. During the second appointment, participants will be coached to formulate a implementation intention targeting their personal unhealthy snacking situation with the use of motivational

interviewing. Participants will keep a digital snack diary during the coaching period.

Contacts

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Eligibility criteria

Inclusion criteria

Motivated to change unhealthy snacking behavior; at least 3 unhealthy snacking moments during the baseline week; employee of the targeted company.

Exclusion criteria

History of or currently having an eating disorder (focused on restricting food intake).

Study design

Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Non controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	18-01-2016
Enrollment:	60
Type:	Anticipated

Ethics review

Positive opinion	
Date:	12-02-2016
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	NL5411

Register

NTR-old

Other

ID

NTR5739

Ethische Commissie UvA : 2015-CP-4622

Study results