

# Improving teens' healthy snacking habits

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Other
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON29059

### Source

NTR

### Health condition

- Teens, intervention, snacking behavior, unhealthy eating, fruits, vegetables, self persuasion, implementation intention.
- Tieners, tussendoortjes, snackgedrag, ongezonde eetgewoontes, groente, fruit, zelfovertuiging, implementatie intentie.

## Sponsors and support

**Primary sponsor:** Behavioral Science Institute, Nijmegen  
European Research Council" (ERC)

**Source(s) of monetary or material Support:** Behavioral Science Institute, Nijmegen

## Intervention

## Outcome measures

### Primary outcome

- Snack intake. Through a food-frequency questionnaire, participants are asked to indicate what kind of snacks they ate the day before.
- Snack intention. Participants are asked to indicate whether they plan and intent to eat more healthy snacks.

- Motivation. Participants are asked why they eat healthy snacks.
- Ability. Participants are asked how confident they are in their ability to snack healthy.

All of the above measures are conducted at baseline and after the intervention.

### **Secondary outcome**

-attitudes healthy snacking, snacking habits, availability snacks, norms, self-esteem

## **Study description**

### **Background summary**

This study aims to increase teens' healthy snacking (fruits and vegetables) through a 2(motivation/no motivation)x2(ability/no ability) real-life intervention among teens between 12 and 15 years old. The research uses smartphones to set out questionnaires and the intervention itself. Motivation is being established by the use of self-persuasion, where participants have to come up with arguments to eat healthy aiming to increase intrinsic motivation. Ability is being established by the use of implementation intentions. This requires participants to specify plans on where and what they are going to eat. Healthy snack intention, actual snacking behavior, motivation and ability are all measured before and after intervention and with a delay of a couple of weeks to examine long-term effects.

### **Study objective**

We assume that:

- Compared to teens in the control condition, those who receive the self-persuasion intervention (motivation condition) will develop more intrinsic motivation, which results in more healthy snacking.
- Compared to teens in the control condition, those who received the implementation-intention intervention (ability condition) will develop more ability to snack healthy, which results in more healthy snacking.
- Teens who received both the self-persuasion & implementation intention intervention (the motivation & ability condition) will eat more healthy than teens in the motivation condition, or than teens in the ability condition, or than teens in the control condition.

### **Study design**

baseline and intervention October 2016, follow-up December 2016

## **Intervention**

Participants receive a smartphone for 10 days through which they can only access a research app. The first days are used to gather baseline information through questionnaires, the intervention starts at the middle of the week. Teens in the motivation condition are asked to type in two reasons why it is important to eat healthy (self-persuasion technique). Teens in the ability condition are asked to establish an if-then statement by answering questions on when they snack unhealthy and which healthy snack they prefer (implementation-intention technique). This results in a personalized if-then statement, which they are asked to say aloud three times. Teens in the motivation- and ability condition will receive both tasks, and teens in the control condition will receive a non-related task (homework task). Follow-up will be conducted after a couple of weeks.

## **Contacts**

### **Public**

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## **Eligibility criteria**

### **Inclusion criteria**

1. Age between 11 - 15
2. Attending Dutch secondary schools, first or second class

### **Exclusion criteria**

Does not meet inclusion criteria.

## Study design

### Design

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

### Recruitment

NL	
Recruitment status:	Other
Start date (anticipated):	01-10-2016
Enrollment:	350
Type:	Unknown

## Ethics review

Not applicable	
Application type:	Not applicable

## 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	NL5937
NTR-old	NTR6118
Other	European Research Council : 617253

## Study results