Pilot studies for investigation of congruency and pleasantness of aroma-test product combinations for use in future studies.

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Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Observational invasive

Summary

ID

NL-OMON32709

Source
ToetsingOnline

Brief title
PilotsSS

Condition

- Other condition

Synonym
overgewicht, zwaarlijvigheid

Health condition

etiologie van obesitas

Research involving

Human

Sponsors and support

Primary sponsor: Wageningen Universiteit
Source(s) of monetary or material Support: NWO-STW,Campina,CSM,Friesland Nutrition,Numico,Unilever

Intervention

Keyword: complexity, congruency, intensity, pleasantness

Outcome measures

Primary outcome

Congruency, liking, intensity, complexity, fillingness and perceived

association with energy density

Secondary outcome

not applicable

Study description

Background summary

It is commonly known that the problems concerning obesity and overconsumption are increasing. Highly satiating products that induce an early meal termination might be one of the solutions against obesity. In future studies (e.g. the study SenSation of which the protocol is also handed in in oktober 2008) we want to get more insight in the relationship between several characteristics of aroma and ad libitum intake.
Before we can perform these studies we need to do some smaller scale experiments (pilot studies),to help making the decisions for the right stimuli. This choice of stimuli is very complicated (but important) and there are many criteria that the aroma*s and the test products need to meet before the larger studies can be a success.
The larger studies will give a better understanding of the influence of aroma on satiation and food intake of healthy women.

Study objective

We will perform pilot studies for three different experiments:
A) Finding two congruent combinations of aroma and base products that are either associated with high energy dense products or low energy dense products, which we can use in the SenSation study.
For the SenSation study we need a base products that has to combine well with two different aromas (one that is associated with high energy dense products and one associated with low energy dense products). The aromas need to be equal in liking.
B) Finding an aroma that is equal in quality and liking at different intensities.
C) Getting more insight in what consumers perceive as aroma complexity.

Study design

12 participants are recruited to participate in these pilot studies. They are asked to visit the test location 4 times during lunch time.
Every test day the participants are asked to evaluate 12 test products, offered in blocks of 3 products. In between they have 10 minutes to rest.
A suction catheter will be inserted in their nose, through which they will receive aroma during the tasting of the test products. Every 30 seconds a new sip of test product will be pumped into their mouth by a peristatic pump.
During the testing they will receive instructions via a computer screen, telling them when the soup will flow into their mouth, when they have to swallow and when to fill in questions.
Depending on the test day they are asked to fill in several questions about the test product (e.g. pleasantness, congruency, intensity or complexity). At the end of the session they will be asked to fill in an evaluation form.

In total 48 combinations of base products and aroma's will be evaluated by every participant. The conditions are randomised per day across all subjects in a full factorial design.

Study burden and risks

The study is non-therapeutic to the participant. This risk associated with participation is negligble. Compared to other studies the burden can be considered medium because of the invasive suction catheter and nose spray that could result in stress and a running nose. A minor risk of the insertation of the suction catheter to the nasal cavitity is nose bleed.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

participant of Soupa study
healthy

Exclusion criteria

pregnant
followed a diet during past 2 months

Study design

Design

Study type: Observational invasive

Masking:	Open (masking not used)
Control:	Uncontrolled
Primary purpose:	Other

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	06-02-2009
Enrollment:	12
Type:	Actual

Ethics review

Approved WMO

Date:	16-02-2009
Application type:	First submission
Review commission:	METC Wageningen Universiteit (Wageningen)

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
CCMO	NL25483.081.08