

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

Published: 27-08-2020

Last updated: 15-05-2024

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...

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Gastrointestinal inflammatory conditions
<b>Study type</b>	Observational non invasive

## Summary

### ID

NL-OMON49659

### Source

ToetsingOnline

### Brief title

"Eetscore" in IBD

### Condition

- Gastrointestinal inflammatory conditions

### Synonym

chronic inflammation of the bowel, inflammatory bowel disease

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Stichting Alliantie Voeding in de Zorg

**Source(s) of monetary or material Support:** Stichting Alliantie Voeding in de Zorg

## Intervention

**Keyword:** dietary advice, dutch food based dietary guidelines, inflammatory bowel disease, quality of diet

## Outcome measures

### Primary outcome

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

### Secondary outcome

Secondary outcomes are clinical disease activity as 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

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.

### Study objective

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.

## **Intervention**

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 burden and risks**

Participants gain more insight into their own diet and the quality of their diet against the Dutch food-based dietary guidelines by completing the "Eetscore" and reviewing their results. Participants are then given practical advice how to improve the quality of their diet if necessary. When participants use these tips, improving the quality of their diet may have beneficial effect on their chronic bowel disease and thus lead to better overall health. There are no risks associated with participating in this study. The possible risk of participants receiving general nutritional advice that is not suitable for them is covered by excluding participants with certain allergies. The only drawback for participants is the time load, they have to fill in the "Eetscore" and an additional questionnaire at 3 timepoints over a period of 4 months.

## **Contacts**

### **Public**

Stichting Alliantie Voeding in de Zorg

Willy Brandtlaan 10

Ede 6716RP

NL

### **Scientific**

Stichting Alliantie Voeding in de Zorg

Willy Brandtlaan 10

Ede 6716RP

## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### 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

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

## Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	20-10-2020
Enrollment:	212
Type:	Actual

## Ethics review

Approved WMO	
Date:	27-08-2020
Application type:	First submission
Review commission:	METC Brabant (Tilburg)

## Study registrations

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

No registrations found.

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

ID: 25747  
Source: Nationaal Trial Register  
Title:

### In other registers

Register	ID
CCMO	NL74460.081.20
Other	volgt
OMON	NL-OMON25747

## Study results

Date completed:	13-07-2021
Actual enrolment:	212