

Effect van voorlichting over sociale invloed op snack gedrag van kinderen. Effect of information and training about social influences on children's snack food intake.

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It is hypothesized that participants who received information about social modeling effects in the intervention group consume less (snack) food compared to participants in the control group.

Ethische beoordeling	Positief advies
Status	Werving gestart
Type aanpak	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20730

Bron

NTR

Verkorte titel

Intervention social modeling

Aandoening

(snack) food intake
social modeling
overweight children

sociale invloed snack gedrag
kinderen
voedselinname
overgewicht

Ondersteuning

Primaire sponsor: This study was supported by a grant of the Behavioural Science Institute, of the Radboud University Nijmegen, the Netherlands

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Overige ondersteuning: This study was supported by a grant of the Behavioural Science Institute, of the Radboud University Nijmegen, the Netherlands

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

To measure social influence on food intake in the intervention group compared to the control group:

1. Snack food intake (kcal);

2. Micro-imitation: Video coding of food picking movements of the instructed peer and the participant.

Toelichting onderzoek

Achtergrond van het onderzoek

People are found to follow the food intake of a peer and eat more when others do. In this study it is investigated whether children can be made aware of these social modeling effects during a short intervention at school and are less influenced by the food intake of a peer (compared to the control group).

During the intervention, we explain social modeling effects and imitation to the children. On this day, the majority of the control group is tested. On the next day, the intervention group is tested. By means of social modeling experiments, we compare the food intake of the intervention group to the control group which has received no information about social modeling effects and imitation. In addition, we coded the intake movements of the participant and peer dyads to investigate micro-imitation.

Doel van het onderzoek

It is hypothesized that participants who received information about social modeling effects in the intervention group consume less (snack) food compared to participants in the control group.

Onderzoeksopzet

Pilot study: October - December 2011;

Intervention: February - June 2012.

Onderzoeksproduct en/of interventie

People are found to follow the food intake of a peer and eat more when others do. In this study it is investigated whether children can be made aware of these social modeling effects during a 10-minute intervention at school and are less influenced by the food intake of a peer (compared to the control group).

During the intervention, the children are told about social modeling effects and imitation by means of pictures of monkey's and humans who model body postures, a little movie clip in which they see children model the food intake of some one else and an exercise in which children have to model an experimenter's food choice and intake.

One day after the intervention, social modeling experiments are conducted. In a social modeling experiment, a naive participant is paired with an instructed peer. The peer is instructed to eat a certain amount of test food. During the social modeling experiment, the children are video taped.

We compare the intervention group to the control group which has received no information about social modeling effects and imitation.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Participation of primary schools and teachers;
2. Active consent of parents from boys and girls in grade 2 and 3 ('groep 4 en 5'; age 7-10) in the Netherlands.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Children with medical conditions such as diabetes, lactose intolerance, food allergies (e.g., nuts, milk and cacao) are excluded because they cannot eat the test food (chocolate-coated rice crisps);
2. Dyads are excluded after participation in the study:
 - A. When the peer did not follow instructions;
 - B. When the participant became aware of the real aim of the study.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Enkelblind
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-09-2012
Aantal proefpersonen:	145
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	11-05-2012
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL3312

Register

NTR-old

Ander register

ISRCTN

ID

NTR3459

Ethical Commission : ECG2012-2505-037

ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

See for more information about social modeling: Bevelander, K.E., Anschutz, D.J. & Engels, R.C.M.E., 2012. Social norms in food intake among normal weight and overweight children. *Appetite*, 58 (30), 864-872.