

Personalised advice for healthy muscles

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In the current pilot-study, we will focus on demonstrating whether personalisation improves compliance with diet and lifestyle advice in a population of community-dwelling seniors. This advice will be based on personal preference, genotype,...

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

Samenvatting

ID

NL-OMON22064

Bron

NTR

Verkorte titel

PAM

Aandoening

Compliance, diet and lifestyle advice, muscle health, physical performance, handgrip strength, sedentary behaviour, quality of life, metabolic health

Ondersteuning

Primaire sponsor: TNO

Utrechtseweg 48

3704 HE Zeist

Overige ondersteuning: Ministry of Economic Affairs (EZ)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Every time participants receive diet and lifestyle advice (week 5, 8 and 11), they are asked to

formulate implementation intentions describing when and how they plan to implement the received advice. After a three-week period, prior to receiving new advice, participants will be asked to score the degree of compliance with the implementation intention they formulated on a 7-points Likert scale (very low-very high). By monitoring the degree of compliance during the intervention period, both trends within individuals and between groups can be observed.

Toelichting onderzoek

Doel van het onderzoek

In the current pilot-study, we will focus on demonstrating whether personalisation improves compliance with diet and lifestyle advice in a population of community-dwelling seniors. This advice will be based on personal preference, genotype, phenotype and measures of personal muscle health status as well as socio-psychological factors. These data will be combined in decision trees leading to optimal, personalised advice that is expected to give higher compliance with positive effects on muscle health.

Onderzoeksopzet

Baseline measures: 14/09/2015 - 24/09/2015

Intervention period (9 wks): 12/10/2015 - 13/12/2015

End measures: 14/12/2015 - 18/12/2015

Onderzoeksproduct en/of interventie

During the nine-week intervention period, every three weeks participants will receive diet and lifestyle advice with personalised content and communicated in personalised form. Content of the advice will be personalised based on cut-off scores on personal health measures (i.e. parameters of metabolic health, genetic variation (SNP), nutrient intake, anthropometry, physical activity and patient specific complaints) and the form will be modified based on socio-psychological factors (i.e. freedom of choice, self-efficacy, implementation intentions).

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

In order to be eligible to participate in this study, subjects must meet all of the following criteria:

- They are ≥ 60 years old (the eldest subjects will be included preferably)
- They perform sedentary behaviour for ≥ 10 h per day as assessed by the Sedentary Behaviour Questionnaire (Visser and Koster 2013) (subjects with the highest sedentary score will be included)
- They are considered healthy as assessed by the Health and Lifestyle questionnaire
- They have a BMI of 20-30 kg/m²:

- They are able and willing to use self-monitoring devices (activity tracker and digital food diary)
- They have a desktop or laptop with internet access at home

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Potential subjects who meet any of the following criteria will be excluded from participation in this study:

- They use medication known for its effects on blood glucose, cholesterol or insulin
- They have a history of medical or surgical events that may significantly affect the study outcome, including physical limitations, cardio-vascular events or cerebro-vascular accident as assessed by the Health and Lifestyle questionnaire'
- They are rehabilitating
- They have a pacemaker
- They are currently suffering from diabetes type I or type II as determined by the general practitioner
- They follow a specific diet (e.g. slimming diet or medically prescribed diet)

Onderzoeksopzet

Opzet

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

Deelname

Nederland	
Status:	Werving gestart

(Verwachte) startdatum: 14-09-2015
Aantal proefpersonen: 60
Type: Verwachte startdatum

Ethische beoordeling

Positief advies
Datum: 11-09-2015
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	NL5389
NTR-old	NTR5490
Ander register	METC nr : 15/12

Resultaten