

Haalbaarheidsstudie: Onderzoek naar het effect van twee gezonde voedingspatronen op lichamelijke en psychische klachten.

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Different studies have shown that a hunter-gatherer type diet is effective in improving glucose regulation and lipid profile. I want to investigate if the hypothesis that this type of diet also reduces the number of physical and psychological...

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

Samenvatting

ID

NL-OMON24048

Bron

NTR

Verkorte titel

Haalbaarheidsstudie voedingspatronen

Aandoening

Psychological symptoms, physical symptoms, healthy diets, paleo diet

Ondersteuning

Primaire sponsor: University Medical Center Groningen

Overige ondersteuning: N.a.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

: Four aspects of feasibility will be studied. First, the amount of time needed to recruit 35 participants. Second, the percentage of participants that completes the study. Third, the extent to which the participants followed the two diets, Fourth, representativeness of our participants for the normal population.

Toelichting onderzoek

Achtergrond van het onderzoek

Different studies have shown that a hunter-gatherer type diet is effective in improving glucose regulation and lipid profile. This research focusses on the question of this type of diet also reduces the number of physical and psychological symptoms.

The main objective is to test feasibility of a cross-over study comparing the effect of two healthy diets on physical and psychological symptoms. The secondary aim is to estimate effect size. In this cross-over designed study, 25 individuals of 18 years or older from the normal population will be included. Each participant will eat according to the Dutch Consensus Diet during 4 weeks and according to the Palaeolithic Diet during 4 weeks. Four aspects of feasibility will be studied. First, the amount of time needed to recruit 35 participants. Second, the percentage of participants that completes the study. Third, the extent to which the participants followed the two diets, Fourth, representativeness of our participants for the normal population. Furthermore, we will estimate effect size on physical and psychological complaints.

Doel van het onderzoek

Different studies have shown that a hunter-gatherer type diet is effective in improving glucose regulation and lipid profile. I want to investigate if the hypothesis that this type of diet also reduces the number of physical and psychological symptoms can be proved.

Onderzoeksopzet

At $t=0$ an intake questionnaire will be administered.

At $t=0$, $t=4$ and $t=8$ weeks a questionnaire about the physical and psychological complaints will be administered.

Every week a nutrition questionnaire will be administered.

Onderzoeksproduct en/of interventie

Each participant will eat according to the Dutch Consensus Diet during 4 weeks and according to the Palaeolithic Diet during 4 weeks.

Contactpersonen

Publiek

Hanzeplein 1

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050-3614701

Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- 18 years or older
- Good understanding and knowlegde of the Dutch language
- Being willing to follow both of the diets for four weeks.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Following a pottasium-restricted diet

- Pregnancy

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Cross-over
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	21-09-2015
Aantal proefpersonen:	35
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	14-09-2015
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	NL5391
NTR-old	NTR5492
Ander register	NL53798.042.15 : M15.177545

Resultaten