Biomarker evaluation of different types of Internet-based interactive computer-tailored nutrition education on fat consumption.

Gepubliceerd: 01-03-2006 Laatst bijgewerkt: 18-08-2022

N/A

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

Samenvatting

ID

NL-OMON25163

Bron
NTR

Verkorte titel
N/A

Aandoening

The study contains 4 experimental conditions and 1 control group.

1: computer-tailored personal feedback on fat consumption in print form;

2: computer-tailored personal and normative feedback on fat consumption in print form;

3: computer-tailored personal, normative and action feedback on fat consumption in print form;

4: computer-tailored personal, normative and action feedback on fat consumption in web-based form (CD-ROM);

5: generic information on fat consumption in print form (control group).

All the intervention materials were provided once.

Ondersteuning

Primaire sponsor: department of Public Health, Erasmus MC, University Medical Center Rotterdam
Overige ondersteuning: ZonMw

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Total fat and saturated fat consumption – measured with a validated food frequency questionnaire developed by Wageningen Universityblood lipids (total cholesterol, HDL, LDL, triglycerids) – sampling and analyzing conducted by a certified laboratory (Star Rotterdam).

Toelichting onderzoek

Achtergrond van het onderzoek

Computer-tailored health education has been found to be a promising intervention technique to improve a variety of health related behaviors, such as physical activity and dietary behaviors. To be able to improve efficacy, efficiency and applicability of computer-tailored interventions, more in-depth investigations are needed into the most effective delivery forms (print versus interactive), the feedback elements that contribute to efficacy, and whether intervention effects can also be demonstrated using biomarkers as an outcome measure.

The aim of the present study was three-fold:

1. to investigate whether provision of interactive computer-tailored information versus in print format differ in efficacy;
2. to identify the minimally required feedback elements of a computer-tailored intervention;

3. to evaluate the intervention effects using biomarkers as an outcome measure in addition to self-reported behavior.

These research questions were studied in relation to a computer-tailored intervention aimed at fat intake. Fat intake is an important behavioral risk factor and computer-tailored interventions have been found most effective in reducing fat intake. The study was conducted among healthy adults recruited from nine companies and two communities in the area of Rotterdam.

Doel van het onderzoek

N/A

Onderzoeksopzet

N/A

Onderzoeksproduct en/of interventie

The study contains 4 experimental conditions and 1 control group:

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All the intervention materials were provided once.

Contactpersonen

Publiek

Erasmus Medical Center, Department of Public Health, room AE 139,
P.O. Box 2040
Willemieke Kroeze
Rotterdam 3000 CA
The Netherlands
+31 (0)10 4089253

Wetenschappelijk

Erasmus Medical Center, Department of Public Health, room AE 139,

P.O. Box 2040
Willemieke Kroeze
Rotterdam 3000 CA
The Netherlands
+31 (0)10 4089253

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Age 18 – 65 years;

2. No prescribed diet from dietician or physician;

3. No treatment for hyper cholesterolaemia;

4. Sufficient understanding of the Dutch language.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

N/A

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	Geneesmiddel

Deelname

Nederland

Status:	Werving gestopt
(Verwachte) startdatum:	24-03-2003
Aantal proefpersonen:	841
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies

Datum:	01-03-2006
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	NL567
NTR-old	NTR623
Ander register	: N/A
ISRCTN	ISRCTN01557410

Resultaten

Samenvatting resultaten
J Med Internet Res. 2008 Apr 29;10(2):e12.

W.Kroeze, A.M. Werkman, J. Brug. A systematic review on the effectiveness of computer-

tailored physical activity and dietary behaviors. (in press). Annals of Behavioral Medicine 2006.