

"Eetscore" in IBD

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We hypothesize that adherence to the Dutch dietary guidelines ("Eetscore") is associated with quality of life in patients with IBD.

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Observationeel onderzoek, zonder invasieve metingen

Samenvatting

ID

NL-OMON25747

Bron

NTR

Verkorte titel

EetscoreIBD

Aandoening

Inflammatory Bowel Disease; Crohn's disease; ulcerative colitis

Ondersteuning

Primaire sponsor: Nutrition & Healthcare Alliance

Overige ondersteuning: Nutrition & Healthcare Alliance

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

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

Toelichting onderzoek

Achtergrond van het onderzoek

Background: 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.

Objectives: 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.

Study population: Adult patients with IBD, who are treated in the gastroenterology department of Hospital Gelderse Vallei in Ede and the Rijnstate hospital in Arnhem. Patients with specific dietary advice (e.g. malnutrition), specific food allergies (e.g. peanut) and vegans are excluded.

Study procedure: 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.

Doel van het onderzoek

We hypothesize that adherence to the Dutch dietary guidelines ("Eetscore") is associated with quality of life in patients with IBD.

Onderzoeksopzet

Baseline, 1 month and 4 months

Contactpersonen

Publiek

Wageningen University
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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- 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

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- 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

Onderzoeksopzet

Opzet

Type:	Observationeel onderzoek, zonder invasieve metingen
Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	07-09-2020
Aantal proefpersonen:	212
Type:	Werkelijke startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nee

Ethische beoordeling

Positief advies	
Datum:	20-07-2020
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 49659
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL8784
CCMO	NL74460.081.20
OMON	NL-OMON49659
OMON	NL-OMON49659

Resultaten