Sweet Rules Project

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Effect of parental restrictiveness on sweetness preference and intake of sugary foods/drinks of the children

Ethische beoordeling	Niet van toepassing
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Observationeel onderzoek, zonder invasieve metingen

Samenvatting

ID

NL-OMON25832

Bron
NTR

Verkorte titel
TBA

Aandoening

none

Ondersteuning

Primaire sponsor: Wageningen University and Research
Overige ondersteuning: EU: MARIE SKLODOWSKA-CURIE ACTIONS "Edulia"

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

To assess the relationship between different levels of parental restriction of MDS-containing foods and the intake of MDS-containing foods, the average amount of consumed sugar and sweetness preferences between children facing high, medium and low parental restrictions regarding MDS-containing foods will be compared.
Due to having one main independent variable (parental restriction) and two main dependent

variables (sweetness preference and intake of sweet MDS-containing foods), two analyses of variances (ANOVA) will be conducted to examine differences in children's liking for each kind of apple juice (assessed through preference test) and their average sugar consumption.

Toelichting onderzoek

Achtergrond van het onderzoek

Rationale: Food preferences are developed from early infancy and can influence later preferences and food choices. Parents have an important role in their children's food environment and intake. Strategies for parents to help their children develop and maintain healthy food preferences are necessary to achieve a reduction in sugar consumption. One strategy used by parents is to restrict their children's consumption of sweet foods with mono- and disaccharides (MDS) by imposing restriction rules, such as "no candies". Although it seems beneficial to restrict children's sugar consumption, restrictive rules can also have a "backfire" effect, such as overconsumption of sweet foods when the 'restricted child' gets the opportunity to eat them without restriction. Studies on the effectiveness of parental restriction are limited and show conflicting results. It is therefore inconclusive if parental restriction for MDS-containing foods contributes to a higher or lower sweetness preference in children and/or contributes to a higher or lower intake of these MDS-containing foods. As the World Health Organization (WHO) called on countries to reduce sugar intake among children (2015), these days, parents seem to be more conscious of the negative health effects of sugar and hence, more restrictive towards the consumption of MDS-containing foods. Therefore, further research is crucial to assess the effects of parental restriction on children's liking and consumption of sweet products.
Objectives: The primary objective of the current study is to investigate the relationship between parental restriction of MDS-containing foods and the intake of these products and the relationship between parental restriction of MDS-containing foods and sweetness preferences in children aged 4 to 7 years old.
Study design: Cross-sectional study, consisting of two parts: a survey filled out by parents of healthy 4-7-year-old children and a sweetness preference test conducted in a subset of the 4-7-year-old children. The questionnaire will be filled in online via Eye Question and covers four parts: (1) general characteristics of the parent/guardian and the child; (2) the child's consumption of a variety of MDS-containing foods; (3) level of parental restriction of the consumption of foods with added MDS; and (4) parents' background ideas and convictions regarding MDS-containing foods and restriction of these products.
Two series of a forced choice, paired comparison tracking test will be used to assess sweetness preferences of the children. A researcher will conduct the preference test with the child at their home. However, if home-visits are not possible, due to the COVID-19 crisis, the parent/guardian will perform the test with online guidance of the researcher and a test handbook. The test will be conducted with five beverages (apple juice/ 'diksap') which differ in sweetness (sucrose concentration).
Study population: 245 parents or guardians of healthy, 4-7-year-old children to conduct the online survey and a subset of 56 children from these parents to perform the preference test.

Doel van het onderzoek

Effect of parental restrictiveness on sweetness preference and intake of sugary foods/drinks of the children

Onderzoeksopzet

All primary and secondary outcomes will be measured once: Demographics of child and parents, parental restriction, background ideas for restriction rules, consumption pattern of sugar-containing foods by the child via an online survey filled out by the parents. Sweetness preferences of children will be measured at home using a forced choice, paired comparison tracking test.

Onderzoeksproduct en/of interventie

none

Contactpersonen

Publiek

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

In order to be eligible to participate in part one (survey) of the study, the following criteria must be met:

- Being the main caretaker of a healthy 4-7-year-old child
- Giving consent to participate in the survey

In order to be eligible to participate in part two (preference test) of the study, the following criteria must be met:
- Healthy child (self-reported by the parents)
- Child of 4, 5, 6 or 7 years old
- Permission from both parents or legal guardians to participate

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

A potential subject who meets any of the following criteria will be excluded from participation in this study:
- Failure to meet any of the inclusion criteria
- The child has an allergy/intolerance to products used in the study.
- The child has medical problems that influence the ability to eat e.g. swallowing or digestion problems.

Onderzoeksopzet

Opzet

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

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	18-01-2021
Aantal proefpersonen:	245
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nee

Ethische beoordeling

Niet van toepassing
Soort: Niet van toepassing

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	NL9062
CCMO	NL75792.081.20

Resultaten