

Effectiveness of cCBT-Based Ecological Momentary Intervention vs. Diet-Only for Obesity

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Relative to a diet-only wait-list control condition, cCBT-Based Ecological Momentary Intervention is more effective at... (1) ...achieving (sustained) weight loss, also at a 3-month and 1-year follow-up. (2) ...reducing eating-related...

Ethische beoordeling	Niet van toepassing
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON28480

Bron

NTR

Verkorte titel

Think Slim

Aandoening

Obesity

Ondersteuning

Primaire sponsor: Maastricht University, Department of Psychology and Neuroscience, Department of Knowledge Engineering

Overige ondersteuning: Philips, Stichting voor de Technische Wetenschappen (STW), Nederlandse Organisatie voor Wetenschappelijk Onderzoek (NWO), Nationaal Initiatief Hersenen en Cognitie (NIHC)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

- (1) Weight loss immediately after the intervention

- (2) Weight loss at respectively 3-months and 1-year post-intervention

Toelichting onderzoek

Achtergrond van het onderzoek

Importantly, it should be noted that ethical approval was obtained from the standing ethical committee of the Faculty of Psychology and Neuroscience (FPN) of Maastricht University. The METC of the Maastricht Academic hospital and FPN have an agreement on which research proposals can be evaluated by the faculty ethical committee and which ones have to be forwarded to the METC.

This trial will investigate the effectiveness of a momentary assessment-based intervention (Think Slim) that includes a cCBT for obesity protocol delivered via the internet and smartphone. Of particular interest is the effectiveness of Think Slim to reduce post-intervention weight regain.

Doel van het onderzoek

Relative to a diet-only wait-list control condition, cCBT-Based Ecological Momentary Intervention is more effective at...

- (1) ...achieving (sustained) weight loss, also at a 3-month and 1-year follow-up.
- (2) ...reducing eating-related dysfunctional cognitions.
- (3) ...establishing healthier eating patterns.

Onderzoeksopzet

6 Weeks of cCBT preceded and followed by 1 week of Ecological Momentary Assessment

Onderzoeksproduct en/of interventie

(1) Computerized Cognitive Behavioural Therapy (cCBT) for Obesity provided as an Ecological Momentary Intervention (EMI), with no therapist involvement + Calorie-restricting diet

(2) Calorie-restricting diet only

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

(1) Age: between 18 and 60

(2) BMI > 25

(3) Fluent in Dutch

(4) In possession of an iPhone

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

(1) Pregnancy

(2) Eating disorders

(3) Appetite-influencing medication

(4) Treatment for depression

(5) Cardiovascular disease

(6) Enrolment in other obesity-related treatments (under supervision by a healthcare professional)

(7) Diabetes-2

(8) Going on extended holidays (>7 days) during the trial period.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	11-01-2016
Aantal proefpersonen:	102
Type:	Verwachte startdatum

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	NL5372
NTR-old	NTR5473
Ander register	Ethische Commissie Psychologie (ECP) te Maastricht // Healthy Lifestyle Solutions (HLS) : 159_09_06_2015_A1 //12028

Resultaten