

Improving teens' healthy snacking habits

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We assume that: - Compared to teens in the control condition, those who receive the self-persuasion intervention (motivation condition) will develop more intrinsic motivation, which results in more healthy snacking. - Compared to teens in the...

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

Samenvatting

ID

NL-OMON29059

Bron

Nationaal Trial Register

Aandoening

- Teens, intervention, snacking behavior, unhealthy eating, fruits, vegetables, self persuasion, implementation intention.

- Tieners, tussendoortjes, snackgedrag, ongezonde eetgewoontes, groente, fruit, zelfovertuiging, implementatie intentie.

Ondersteuning

Primaire sponsor: Behavioral Science Institute, Nijmegen
European Research Council" (ERC)

Overige ondersteuning: Behavioral Science Institute, Nijmegen

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

- Snack intake. Through a food-frequency questionnaire, participants are asked to indicate what kind of snacks they ate the day before.

- Snack intention. Participants are asked to indicate whether they plan and intent to eat more healthy snacks.

- Motivation. Participants are asked why they eat healthy snacks.

- Ability. Participants are asked how confident they are in their ability to snack healthy.

All of the above measures are conducted at baseline and after the intervention.

Toelichting onderzoek

Achtergrond van het onderzoek

This study aims to increase teens' healthy snacking (fruits and vegetables) through a 2(motivation/no motivation)x2(ability/no ability) real-life intervention among teens between 12 and 15 years old. The research uses smartphones to set out questionnaires and the intervention itself. Motivation is being established by the use of self-persuasion, where participants have to come up with arguments to eat healthy aiming to increase intrinsic motivation. Ability is being established by the use of implementation intentions. This requires participants to specify plans on where and what they are going to eat. Healthy snack intention, actual snacking behavior, motivation and ability are all measured before and after intervention and with a delay of a couple of weeks to examine long-term effects.

Doel van het onderzoek

We assume that:

- Compared to teens in the control condition, those who receive the self-persuasion intervention (motivation condition) will develop more intrinsic motivation, which results in more healthy snacking.
- Compared to teens in the control condition, those who received the implementation-intention intervention (ability condition) will develop more ability to snack healthy, which results in more healthy snacking.
- Teens who received both the self-persuasion & implementation intention intervention (the motivation & ability condition) will eat more healthy than teens in the motivation condition, or than teens in the ability condition, or than teens in the control condition.

Onderzoeksopzet

baseline and intervention October 2016, follow-up December 2016

Onderzoeksproduct en/of interventie

Participants receive a smartphone for 10 days through which they can only access a research

app. The first days are used to gather baseline information through questionnaires, the intervention starts at the middle of the week. Teens in the motivation condition are asked to type in two reasons why it is important to eat healthy (self-persuasion technique). Teens in the ability condition are asked to establish an if-then statement by answering questions on when they snack unhealthy and which healthy snack they prefer (implementation-intention technique). This results in a personalized if-then statement, which they are asked to say aloud three times. Teens in the motivation- and ability condition will receive both tasks, and teens in the control condition will receive a non-related task (homework task). Follow-up will be conducted after a couple of weeks.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Age between 11 – 15
2. Attending Dutch secondary schools, first or second class

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Does not meet inclusion criteria.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Factorieel
Toewijzing:	Niet-gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Anders
(Verwachte) startdatum:	01-10-2016
Aantal proefpersonen:	350
Type:	Onbekend

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	NL5937
NTR-old	NTR6118
Ander register	European Research Council : 617253

Resultaten