

Why does the number of bites affects satiation? A possible role for cognition''.

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Distraction during consumption leads to a smaller effect of the number of bites on the amount of food intake.

Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON29110

Bron

NTR

Verkorte titel

MovieStudie

Aandoening

Obesity, overweight.

Ondersteuning

Primaire sponsor: Wageningen University

Overige ondersteuning: STW/NWO

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Ad libitum intake. This is registered by specially designed software.

Toelichting onderzoek

Achtergrond van het onderzoek

Rationale:

We showed recently that the number of bites (NB) is important in satiation. A relative higher NB (three bites of 5 g vs. one bite of 15 g) resulted in ~22% lower food intake. It is not clear why NB affects satiation. It is possible that a relatively higher NB make people believe that they consume more, which triggers a faster satiation. If this would be the case, then cognition and memory may be important for the effect of NB on satiation. Distraction during consumption impairs memory and cognition, therefore, the state of attention may play a role in the effect of NB on satiation.

Objective:

The objective of this study is to investigate the role of attention on the effect of NB on ad libitum intake.

Study design:

A 3x2 cross-over intervention study. A low NB condition (LNB), a high NB condition (HNB) and a free NB condition (Free) will be presented in an attentive and distractive state. Bites and intervals are administered and controlled by a pump.

Study population:

Fifty-five, normal weight, non-smoking male subjects between 18 and 35 years old.

Main study parameter:

Ad libitum intake of tomato soup in grams.

Doel van het onderzoek

Distraction during consumption leads to a smaller effect of the number of bites on the amount of food intake.

Onderzoeksopzet

Six times ad libitum intake during lunch.

Onderzoeksproduct en/of interventie

1. Distraction vs. attention to food intake; distraction will be through watching a movie;
2. Consumption with low number of bites vs. high number of bites per food unit vs. free consumption.

Participants will get a tube in their mouth through which soup is served. In one condition the frequency is regulated, but they can decide on the number of bites. In the free condition they can also regulate the frequency.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Male and female;
2. Age between 18 to 45 years;

3. BMI between 18.5 and 25 kg/m²;
4. Healthy (as judged by the participant).

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Smoking (>1 cigarette a day);
2. Current participation in other research from the division of human nutrition (WUR);
3. Pleasantness score of tomato soup < 5, on a 9 point hedonic scale;
4. Thyroid disease;
5. Lack of appetite for any (unknown) reason;
6. Swallowing/eating problems;
7. Energy restricted diet within the last two months;
8. Weight gain or loss of 5 kg or more during the last year;
9. Stomach or bowel disease;
10. Diabetes;
11. Endocrine disorders (other than diabetes and thyroid disease);
12. Hypersensitivity or allergy to some of the ingredients of the test product;
13. Restraint eating (men: score > 2.89; on the Dutch eating behaviour questionnaire).

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Cross-over
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind

Controle: N.v.t. / onbekend

Deelname

Nederland

Status: Werving nog niet gestart

(Verwachte) startdatum: 31-10-2011

Aantal proefpersonen: 55

Type: Verwachte startdatum

Ethische beoordeling

Positief advies

Datum: 03-10-2011

Soort: Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 35817

Bron: ToetsingOnline

Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL2944
NTR-old	NTR3091
CCMO	NL36277.081.11
ISRCTN	ISRCTN wordt niet meer aangevraagd.
OMON	NL-OMON35817

Resultaten

Samenvatting resultaten

N/A