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Biomarker evaluation of different types of Internet-based interactive computer-tailored nutrition education on fat consumption

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Registration date 04/04/2006	**Overall study status** Completed	
Last Edited 06/01/2021	**Condition category** Other	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
NTR623

Study information

Scientific Title
Biomarker evaluation of different types of Internet-based interactive computer-tailored nutrition education on fat consumption

Study objectives
Computer-tailored health education has been found to be a promising intervention technique to improve a variety of health related behaviours, such as physical activity and dietary behaviours. To be able to improve efficacy, efficiency and applicability of computer-tailored interventions, more in-depth investigations are needed into the most effective delivery forms (print versus interactive), the feedback elements that contribute to efficacy, and whether intervention effects can also be demonstrated using biomarkers as an outcome measure.

The aim of the present study was three-fold:
1. To investigate whether provision of interactive computer-tailored information versus in print format differ in efficacy
2. To identify the minimally required feedback elements of a computer-tailored intervention
3. To evaluate the intervention effects using biomarkers as an outcome measure in addition to self-reported behaviour

These research questions were studied in relation to a computer-tailored intervention aimed at fat intake. Fat intake is an important behavioural risk factor and computer-tailored interventions have been found most effective in reducing fat intake. The study was conducted among healthy adults recruited from nine companies and two communities in the area of Rotterdam.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from the local medical ethics committee

Study design
Randomised, single blind, active controlled, parallel group trial

Primary study design
Interventional

Study type(s)
Prevention

Health condition(s) or problem(s) studied
No condition, healthy person

Interventions
The study contains four experimental conditions and one control group:
1. Computer-tailored personal feedback on fat consumption in print form
2. Computer-tailored personal and normative feedback on fat consumption in print form
3. Computer-tailored personal, normative and action feedback on fat consumption in print form
4. Computer-tailored personal, normative and action feedback on fat consumption in web-based form (CD-ROM)
5. Generic information on fat consumption in print form (control group)

All the intervention materials were provided once.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
1. Total fat and saturated fat consumption - measured with a validated food frequency questionnaire developed by Wageningen University
2. Blood lipids (total cholesterol, high density lipoprotein [HDL], low density lipoprotein [LDL], triglycerides) - sampling and analysing conducted by a certified laboratory (Star Rotterdam)

Key secondary outcome(s))
1. Intention to change
2. Process measures

Completion date
21/04/2005

Eligibility

Key inclusion criteria
1. Age 18 - 65 years
2. No prescribed diet from dietician or physician
3. No treatment for hyper-cholesterolaemia
4. Sufficient understanding of the Dutch language

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
All

Key exclusion criteria
Does not comply with the above inclusion criteria

Date of first enrolment
24/03/2003

Date of final enrolment
21/04/2005

Locations

Countries of recruitment
Netherlands

Study participating centre
Erasmus Medical Center
Rotterdam
Netherlands
3000 CA

Sponsor information

Organisation
Erasmus University Medical Center

ROR
https://ror.org/018906e22

Funder(s)

Funder type
Research organisation

Funder Name
ZonMw

Alternative Name(s)
Netherlands Organisation for Health Research and Development

Funding Body Type
Private sector organisation

Funding Body Subtype
Other non-profit organizations

Location
Netherlands

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	29/04/2008	06/01/2021	Yes	No