

# Diet and eating behaviours across early adulthood transitions

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<b>Registration date</b> 11/10/2023	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 11/10/2023	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Early adulthood (ages 16-24 years) is an important period for the development of diet and eating behaviours. This is a time when many people first become overweight, due to changes in diet and exercise habits. There are many aspects of people's lives which are changing through early adulthood; changes in living environment, moving from education into work, perhaps moving to a new city, changes in friends and relationships. All of these changes may influence people's diet and lifestyle.

In September 2023 researchers will run a large-scale longitudinal study recruiting 1,500 students with the aim of increasing our understanding of what influences diet during this period of life.

The objectives of the study are:

1. How does diet change from the final year (Y13) of school/college to 12 months later?
2. How do changes in diet differ between those who transition from secondary school into further/higher education, employment or not in education or employment?
3. How do changes in the environment in which people live, work and study influence changes in eating behaviours and diet quality?

### Who can participate?

17-18-year-olds who are in their final year of school or college and are living in England and leaving school or college in the next 12 months

### What does the study involve?

Participants will be asked to complete an online consent form to confirm their participation in the study. Once consented, they will be sent web links to complete a total of four short eating behaviour questionnaires (requiring 15 minutes each) and three diet recalls (requiring 20 minutes each) across a 2-week period. Once completed, Participants will then be asked to complete the same questionnaires containing similar questions in 12 months' time.

### What are the possible benefits and risks of participating?

Taking part in this study will allow participants to gain insight into how research works, and may be something they might like to refer to in a personal statement or job cover letter.

Participating in research can be an interesting and novel experience, especially for those interested in further education or a career in science or healthcare. It can also be incredibly

rewarding to know that they are contributing to health research to improve the future health of the population. As a thank you for participating in the study, £50 of Amazon gift vouchers will be given to those who engage well. There are very limited disadvantages to taking part in the study aside from the time it will take a participant to complete the questionnaires and dietary recalls.

Where is the study run from?  
University of Cambridge (UK)

When is the study starting and how long is it expected to run for?  
April 2023 to March 2025

Who is funding the study?  
The Medical Research Council (MRC) (UK)

Who is the main contact?  
Emma Lachasseigne, emma.lachasseigne@mrc-epid.cam.ac.uk

## Contact information

**Type(s)**  
Public

**Contact name**  
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## Additional identifiers

**Clinical Trials Information System (CTIS)**  
Nil known

**Integrated Research Application System (IRAS)**  
331413

**ClinicalTrials.gov (NCT)**  
Nil known

**Protocol serial number**  
IRAS 331413, CPMS 57351

# Study information

## Scientific Title

A longitudinal observational study recruiting 17-18-year-olds in their final year of school and following them up 12 months later to observe how the early adulthood transition impacts their dietary behaviours

## Acronym

DEBEAT

## Study objectives

Entering early adulthood can be an exciting new chapter in young people's lives. This period often includes changes in living arrangements, starting a new job or a new education course, and changes in friendships and relationships.

Early adulthood is also an important period for health and is the age at which overweight and obesity rise the fastest. It can also be a time of development of new food and exercise-related behaviours in response to new living environments. We want to understand more about the changing influences and constraints which young adults experience, and how these may be related to the food they eat and their long-term health.

## Ethics approval required

Ethics approval required

## Ethics approval(s)

approved 07/09/2023, Cambridge Psychology Research Ethics Committee (17 Mill Lane, Cambridge, CB2 1RX, United Kingdom; +44 (0)1223 766876; SBSEthics@admin.cam.ac.uk), ref: PRE.2023.084

## Study design

Longitudinal observational study

## Primary study design

Observational

## Study type(s)

Quality of life

## Health condition(s) or problem(s) studied

Diet and eating behaviours in school year 13 (ages 17-18 years) students across the transition into early adulthood

## Interventions

4x web-based questionnaires to assess diet and eating behaviours. 3x web-based Intake24 dietary recalls.

## Intervention Type

Behavioural

## Primary outcome(s)

Dietary intake is measured using 3x non-consecutive Intake24 recalls at baseline and 12 months later

### **Key secondary outcome(s)**

There are no secondary outcome measures

### **Completion date**

31/03/2025

## **Eligibility**

### **Key inclusion criteria**

Aged 17-18 years in school year 13

### **Participant type(s)**

Learner/student

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

17 years

### **Upper age limit**

18.9 years

### **Sex**

All

### **Key exclusion criteria**

1. Current or planned pregnancy
2. Likely to be outside of the UK in 2024

### **Date of first enrolment**

13/09/2023

### **Date of final enrolment**

31/12/2023

## **Locations**

### **Countries of recruitment**

United Kingdom

England

**Study participating centre**  
**Addenbrookes**  
Addenbrookes Hospital  
Hills Road  
Cambridge  
United Kingdom  
CB2 0QQ

## Sponsor information

**Organisation**  
University of Cambridge

**ROR**  
<https://ror.org/013meh722>

## Funder(s)

**Funder type**  
Research council

**Funder Name**  
Medical Research Council

**Alternative Name(s)**  
Medical Research Council (United Kingdom), UK Medical Research Council, MRC

**Funding Body Type**  
Government organisation

**Funding Body Subtype**  
National government

**Location**  
United Kingdom

## Results and Publications

### Individual participant data (IPD) sharing plan

The data-sharing plans for the current study are unknown and will be made available at a later date

## IPD sharing plan summary

Data sharing statement to be made available at a later date

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes