

Netmums healthier lives study

Submission date 07/11/2016	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol <input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results <input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year
Registration date 07/12/2016	Overall study status Completed	
Last Edited 12/01/2017	Condition category Nutritional, Metabolic, Endocrine	

Plain English summary of protocol

Background and study aims

Unhealthy eating in young people is a major problem in the UK and can put children at risk of a wide range of health issues, initially in childhood, and then adulthood. There is evidence to suggest that positive eating behaviours encouraged at home can protect children against some of these health issues and that parents may be more likely to employ positive feeding strategies when they are not anxious about mealtimes. This study involves two online programmes that Netmums and the University of Reading have designed. One of these focuses on healthy family eating, and the other on kids' wellbeing. The aim of this study is to find out which programme is more effective at improving family eating behaviours.

Who can participate?

Adults with at least one child aged between 1 and 16 years old who is living with them.

What does the study involve?

Participants are randomly allocated to one of two groups. Those in the first group receive the healthy family eating programme. This involves receiving a series of nine emails over a period of three weeks that provide information on food swaps, healthy recipes, tips to encourage fussy eaters and ideas for activities to focus the family on food and cooking, emphasizing enjoyment and happy mealtimes. Those in the second group receive the kids' wellbeing programme. This involves receiving a similarly formatted series of nine emails over a period of three weeks that provide information on general wellbeing topics such as tooth brushing and screentime. At the start of the study, after the three week programmes finish and then six months later, participants complete a number of questionnaires in order to measure family eating habits.

What are the possible benefits and risks of participating?

There is a chance that participants may benefit from a healthier family diet, improved long-term health outcomes and decreased anxiety around family mealtimes for those who receive the family eating programme. There is a small risk that some participants may become distressed or anxious about their family's diet. This is addressed at each data collection point by suggesting that anyone concerned should either visit their GP or contact the Principal Investigator.

Where is the study run from?

University of Reading (UK)

When is the study starting and how long is it expected to run for?
January 2016 to December 2018

Who is funding the study?
Economic and Social Research Council (UK)

Who is the main contact?
1. Dr Kate Harvey (scientific)
k.n.harvey@reading.ac.uk
2. Ms Sarah Snuggs (public)
s.j.snuggs@pgr.reading.ac.uk

Contact information

Type(s)
Public

Contact name
Ms Sarah Snuggs

Contact details
School of Psychology & Clinical Language Sciences
Harry Pitt Building
University of Reading
Reading
United Kingdom
RG6 7BE
+44 7793 563901
s.j.snuggs@pgr.reading.ac.uk

Type(s)
Scientific

Contact name
Dr Kate Harvey

Contact details
School of Psychology & Clinical Language Sciences
Harry Pitt Building
University of Reading
Reading
United Kingdom
RG6 7BE
+44 118 378 7524
k.n.harvey@reading.ac.uk

Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title

Healthy Happy Family Eating: A randomised controlled trial of an online family eating intervention

Acronym

HHFE RCT

Study objectives

The aim of this study is to evaluate an online intervention designed to improve family eating behaviours.

Null hypothesis:

There will be no difference between the intervention group and the control group on family eating outcome measures.

Alternative hypothesis:

The intervention group will show greater improvement on these measures compared to the control group.

Ethics approval required

Old ethics approval format

Ethics approval(s)

University of Reading School of Psychology & Clinical Sciences Research Ethics Committee, 01/08/2016

Amendment to the questionnaire approved on 28/09/2016

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Unhealthy eating

Interventions

Participants will be randomly assigned to one of two groups electronically when signing up to the study.

Intervention group - Healthy Happy Family Eating programme: Participants receive a series of nine emails that provide information on food swaps, healthy recipes, tips to encourage fussy eaters and ideas for activities to focus the family on food and cooking. There is an emphasis on

enjoyment and happy mealtimes. The intervention has been designed through a collaboration between the University of Reading and the parenting website Netmums. The team also consulted a nutritional therapist on the intervention's content.

Control group - Kids' Wellbeing programme: Participants receive a series of nine emails, similar in format to the emails in the intervention condition, that provide information on general wellbeing topics such as tooth brushing and screentime. The emails are based on existing information on the Netmums website and do not include any topics that might encourage families to eat more healthily or participate in more activities together as a family.

Both the active and the control interventions last for three weeks, during which participants will receive nine emails. Data is collected at three time-points with the use of online questionnaires; baseline (immediately before receiving the first email - questionnaire completion triggers the first email), immediately after the ninth email has been received (i.e. baseline + 3 weeks) and six month follow up (i.e. six months after intervention completion).

Intervention Type

Behavioural

Primary outcome(s)

1. Healthy environment/healthy food availability in the home is measured using the Healthy Environment subscale of the Child Feeding Practice Questionnaire (CFPQ)
2. Child enjoyment of food is measured using the Enjoyment of Food subscale of the Child Eating Behaviour Questionnaire (CEBQ)
3. Shared family meal frequency is measured using a measure developed by the researchers for the purpose of this study

All measures will be collected at baseline, immediately after the intervention period and 6-months after the intervention period has ended.

Key secondary outcome(s)

1. Parental modelling of eating healthy food, parental encouragement of balance and variety, and involvement of children in meal planning and preparation is measured using three further subscales of the CFPQ: Modelling, Balance & Variety and Involvement
2. Children's food fussiness is measured using one further subscale of the CEBQ: Food fussiness
3. Home-cooking/use of raw ingredients measure (developed by the researchers, based on a measure used in the pilot work)
4. Weekly food budget is measured using a visual analogue scale

All measures will be collected at baseline, immediately after the intervention period and 6-months after the intervention period has ended.

Completion date

31/12/2018

Eligibility

Key inclusion criteria

1. Able to read and understand English
2. Have at least one child under the age of 16 and over the age of 1 year living with them some of the time
3. An existing member of the parenting website Netmums or willing to join as a member

Participant type(s)

All

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

Not meeting inclusion criteria.

Date of first enrolment

15/11/2016

Date of final enrolment

31/03/2017

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

University of Reading

School of Psychology and Clinical Language Sciences

Reading

United Kingdom

RG6 7BE

Sponsor information

Organisation

Netmums

Funder(s)

Funder type

Research council

Funder Name

Economic and Social Research Council

Alternative Name(s)

Economic and Social Research Council (ESRC), ESRC

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

The current 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?
Participant information sheet		10/11/2016	12/01/2017	No	Yes
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes