

# Tiny Tastes

<b>Submission date</b> 10/05/2011	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 07/07/2011	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 04/06/2014	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Repeated exposure to a taste, along with sticker rewards for tasting, can increase children's acceptance of disliked foods but previous studies have been intensive and would be difficult and expensive to make widely available. This study aims to test if mailed materials giving parents instructions on taste exposure and rewards can effectively increase acceptance of vegetables in preschool-aged children.

### Who can participate?

The study will recruit families with young twins from the Gemini cohort ([www.geministudy.co.uk](http://www.geministudy.co.uk)).

### What does the study involve?

Families who elect to participate will be randomly allocated to an intervention group or a no-treatment control group. All families will be asked to select a vegetable both their twins dislike. Parents will be instructed to measure their children's intake (number of pieces) and liking of the target vegetable at test sessions before and after the intervention. The families in the intervention group will also receive an information pack and a link to an online video. Intervention group parents will offer each of their twins 14 daily tastes of a disliked vegetable and provide a sticker reward if they taste it. The control group families will receive the intervention materials only after completing the study.

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

The study may increase children's acceptance of previously rejected vegetables. No risks are expected.

### Where is the study run from?

The study has been set up by the Health Behaviour Research Centre at University College London (UK).

### When is the study starting and how long is it expected to run for?

Recruitment will start in early 2011 and the study will run for about 1 year.

Who is funding the study?

The recruitment of the Gemini cohort was funded by a grant from Cancer Research UK, and the design and production of the packs used in this study was funded by Weight Concern.

Who is the main contact?

Professor Jane Wardle

j.wardle@ucl.ac.uk

## Contact information

### Type(s)

Scientific

### Contact name

Dr Lucy Cooke

### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

G0701864

## Study information

### Scientific Title

The influence of rewards on children's vegetable acceptance: a home-based randomised controlled trial

### Study objectives

Both tangible and social rewards (when paired with repeated exposure) would increase the acceptance of a moderately disliked vegetable when compared with a no-treatment control condition

This is second of two studies on incentives in child feeding, the first of which was registered under ISRCTN42922680.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

UCL Research Ethics Committee, 27/11/2009, ref: 2174/001

**Study design**

Home-based randomised controlled trial

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Other

**Study type(s)**

Quality of life

**Participant information sheet**

Not available in web format, please use the contact details below to request a patient information sheet

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

Children's nutrition

**Interventions**

All children will participate in pre-intervention, post-intervention and 1- and 3-month follow-up assessments

Children will be randomly assigned to one of three conditions:

1. Tangible reward: daily offer of target vegetable for 12 days with a sticker reward given for tasting
2. Social reward: daily offer of target vegetable for 12 days with specific praise given for tasting
3. Control: no tasting between assessment sessions

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome measure**

1. Children's liking of their target vegetable (3-point faces scale: 1 = 'Yucky', 2= 'OK', 3= 'Yummy')
  2. Consumption of the target vegetable in grams
- Both measures taken pre-intervention, post-intervention and at 1- and 3-month follow-up

**Secondary outcome measures**

1. Parental feeding practices
2. Child's food fussiness
3. Liking and frequency of consumption of a range of fruit and vegetables

**Overall study start date**

04/01/2010

**Completion date**

01/11/2011

## Eligibility

**Key inclusion criteria**

1. Children aged 3-4 years and their care giver
2. Care giver fluent in written and spoken English

**Participant type(s)**

Patient

**Age group**

Child

**Lower age limit**

3 Years

**Upper age limit**

4 Years

**Sex**

Both

**Target number of participants**

165

**Key exclusion criteria**

Significant learning difficulties or physical problems affecting feeding and eating

**Date of first enrolment**

04/01/2010

**Date of final enrolment**

01/11/2011

## Locations

**Countries of recruitment**

England

United Kingdom

**Study participating centre**  
**Health Behaviour Research Centre**  
London  
United Kingdom  
WC1E 7HB

## **Sponsor information**

**Organisation**  
University College London (UK)

**Sponsor details**  
Department of Epidemiology and Public Health  
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**Sponsor type**  
University/education

**Website**  
<http://www.ucl.ac.uk/>

**ROR**  
<https://ror.org/02jx3x895>

## **Funder(s)**

**Funder type**  
Research council

**Funder Name**  
Medical Research Council (MRC) - National Prevention Research Initiative (NPRI) (UK) (ref: G0701864)

# Results and Publications

## Publication and dissemination plan

Not provided at time of registration

## Intention to publish date

## 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?
<a href="#">Results article</a>	results	01/06/2014		Yes	No