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Computer tailored information to influence nutrition, smoking and exercise habits; testing the application at the community level

Submission date 09/01/2006	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol [_] Statistical analysis plan [X] Results [_] Individual participant data
Registration date 09/01/2006	**Overall study status** Completed	
Last Edited 18/09/2008	**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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N/A

Study information

Scientific Title

Acronym
ALOM

Study objectives
To examine the effectiveness of a computer-tailored intervention on nutrition, smoking and exercise habits, and to test potential moderators of the effectiveness (body mass index [BMI], age, socio-economic status [SES], gender, motivation, and the number of behaviours for which respondents met the recommendations from national guidelines).

Ethics approval required
Old ethics approval format

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

Study design
Randomised active controlled parallel group trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Quality of life

Participant information sheet

Health condition(s) or problem(s) studied
Nutrition, smoking and exercise habits

Interventions
One experimental group which received three tailored information letters with intervals of three months. One control condition which received three general information letters with intervals of three months.

Intervention Type
Other

Phase
Not Specified

Primary outcome measure
Behaviour change measured with four written questionnaires.

Secondary outcome measures
Not provided at time of registration

Overall study start date
16/10/2000

Completion date
30/11/2005

Eligibility

Key inclusion criteria
Adults between 18 and 65 years

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Upper age limit
65 Years

Sex
Both

Target number of participants
2827

Key exclusion criteria
Adults not in the age range 18 - 65 years

Date of first enrolment
16/10/2000

Date of final enrolment
30/11/2005

Locations

Countries of recruitment
Netherlands

Study participating centre
University Maastricht
Maastricht
Netherlands
6200 MD

Sponsor information

Organisation
University Maastricht (UM) (The Netherlands)

Sponsor details
P.O. Box 616
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6200 MD

Sponsor type
University/education

Website
http://www.unimaas.nl

ROR
https://ror.org/02jz4aj89

Funder(s)

Funder type
Research organisation

Funder Name
The Netherlands Organisation for Health Research and Development (ZonMw) (The Netherlands)

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?
Results article	Results	01/04/2007		Yes	No