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

Submission date	Recruitment status	<ul><li>Prospectively registered</li></ul>		
09/01/2006	No longer recruiting	☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
09/01/2006	Completed	[X] Results		
Last Edited	Condition category	[] Individual participant data		
18/09/2008	Other			

#### Plain English summary of protocol

Not provided at time of registration

## Contact information

#### Type(s)

Scientific

#### Contact name

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## Additional identifiers

**Protocol serial number** 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

#### Study type(s)

Quality of life

#### 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(s)

Behaviour change measured with four written questionnaires.

#### Key secondary outcome(s))

Not provided at time of registration

#### Completion date

30/11/2005

# **Eligibility**

#### Key inclusion criteria

Adults between 18 and 65 years

#### Participant type(s)

**Patient** 

#### Healthy volunteers allowed

No

#### Age group

Adult

#### Lower age limit

18 years

#### Upper age limit

65 years

#### Sex

All

#### 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)

#### 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**

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