

# Social norm nudges in supermarket trolleys to promote vegetable purchases

<b>Submission date</b>	<b>Recruitment status</b>	<input type="checkbox"/> Prospectively registered
05/09/2018	No longer recruiting	<input type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
13/09/2018	Completed	<input checked="" type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
17/10/2025	Nutritional, Metabolic, Endocrine	

## Plain English summary of protocol

### Background and study aims

Low vegetable consumption is a considerable health problem worldwide. A diet low in vegetables is associated with an increased risk of becoming overweight or obese, and other health related chronic diseases. Supermarkets have a major influence on daily food intake, because most foods are purchased in supermarkets. Therefore, supermarkets can be a suitable setting for health interventions to stimulate vegetable purchases. Nudging is an effective strategy to stimulate vegetable purchases. Nudging is simply defined as changes in the environment to alter people's behavior in a predictable way, without forbidding any options. In this study we investigated the effectiveness of two nudging strategies in supermarket trolleys to stimulate vegetable purchases among supermarket customers.

### Who can participate?

Supermarket customers with a shopping trolley and a cash receipt can participate in this study.

### What does the study involve?

The intervention in this study consists of a green inlay in shopping trolleys with social norm messages about vegetable purchases of other customers of the supermarket. This will cover the bottom half of each trolley, indicating a place to put vegetables. The intervention days of the study are the days on which the green inlay will be used in the shopping trolleys, and the control days will be the days where there are no inlays (regular shopping trolleys). Cash receipts will be collected and surveys will be conducted among customers after they have paid for their groceries.

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

There are no known benefits or risks to participants taking part in this study.

### Where is the study run from?

Vrije Universiteit Amsterdam (The Netherlands)

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

January 2017 to June 2018

Who is funding the study?  
Vrije Universiteit Amsterdam (The Netherlands)

Who is the main contact?  
Marlijn Huitink  
m.huitink@vu.nl

## Contact information

### Type(s)

Scientific

### Contact name

Mrs Marlijn Huitink

### ORCID ID

<https://orcid.org/0000-0002-5303-9668>

### Contact details

De Boelelaan 1085  
Amsterdam  
New Zealand  
1081 HV

## Additional identifiers

### Protocol serial number

None

## Study information

### Scientific Title

Social norm nudges in shopping trolleys to promote vegetable purchases: a supermarket experiment in a deprived urban area in the Netherlands

### Study objectives

We investigated the effectiveness of two nudging strategies in shopping trolleys on the amount of vegetables purchased in a Dutch supermarket in a disadvantaged urban area. The nudges are as follows:

1. A place for vegetables
2. Social norm communication

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

The study was conducted according to the ethical standards declared in the Helsinki declaration of 1975, as revised in 2000. Active verbal informed consent was given by all customers. The Medical Ethics Committee of the Vrije Universiteit Amsterdam confirmed that this study does

not apply to the Medical Research Involving Human Subjects Act (WMO), due to the nature of the measurements (sales data and anonymous questionnaires distributed among adults). Therefore, approval was waived.

### **Study design**

Interventional non-randomised study

### **Primary study design**

Interventional

### **Study type(s)**

Other

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

Vegetable sales

### **Interventions**

The intervention consisted of three green inlays, indicating the space where customers can place their vegetables, each with a different social norm message about vegetable purchases of other customers from the participating supermarket. Customers on the intervention days received a shopping trolley with a green inlay with one of the three different social norm messages. The intervention was tested during two days (Friday evening and Saturday morning). The control days used the usual shopping trolleys with no green inlay. Cash receipts were collected and surveys conducted among customers after they had paid for their groceries.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

Vegetables purchased (in grams and in items), assessed at the end of each study day over the two-week study period using:

1. Examination of cash receipts
2. Surveys with customers after they had paid for their groceries

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

The following were assessed using oral surveys in the supermarket after customers had paid for their groceries over the two-week study period:

1. Customer characteristics:

1.1. Sex

1.2. Age category

1.3. Highest obtained education

2. Customer grocery behaviour characteristics:

2.1. Number of persons and days for which groceries were purchases

2.2. Use of a shopping list or not

2.3. Place customers purchased vegetables most often

2.4. If customers thought that they purchased less, more or the same amount of vegetables during this shopping trip as they usually would

### **Completion date**

01/06/2018

# Eligibility

## Key inclusion criteria

Supermarket customers in Amsterdam with a shopping trolley and a cash receipt

## Participant type(s)

All

## Healthy volunteers allowed

No

## Age group

All

## Sex

All

## Total final enrolment

244

## Key exclusion criteria

1. Not willing to consent to having photograph of cash receipt taken
2. Purchased groceries for more than 12 persons for one day

## Date of first enrolment

12/05/2018

## Date of final enrolment

20/05/2018

# Locations

## Countries of recruitment

Netherlands

## Study participating centre

Vrije Universiteit Amsterdam

De Boelelaan 1085

Amsterdam

Netherlands

1081 HV

# Sponsor information

## Organisation

## Funder(s)

### Funder type

Not defined

### Funder Name

Vrije Universiteit Amsterdam

## 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

Not expected to be made available

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/08 /2020	27/07 /2020	Yes	No
<a href="#">Other publications</a>	Can nudge interventions targeting healthy food purchases in real-world grocery stores reduce diet-related health disparities? A pooled analysis of four controlled trials	03/12 /2024	17/10 /2025	Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11 /2025	11/11 /2025	No	Yes