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The effects of an interactive web-based intervention to promote healthy behaviour

Submission date	Recruitment status	[_] Prospectively registered
13/08/2009	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
27/10/2009	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
06/09/2011	Nutritional, Metabolic, Endocrine	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Mrs Saskia Kelders

Contact details
Faculty of Behavioural Sciences
Department of PCHR
Ci H403
P.O. Box 217
Enschede
Netherlands
7500AE

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
N/A

Study information

Scientific Title
The effects of an interactive web-based intervention to promote healthy behaviour: a randomised single-blind study with a waiting list control condition

Study objectives
Respondents who receive access to the interactive web-based intervention will show more improvement in healthy behaviour (nutrition and exercise) than respondents in the waiting-list condition after the intervention period of 12 weeks.

Ethics approval required
Old ethics approval format

Ethics approval(s)
No ethics approval needed in the Netherlands for this trial on online prevention.

Study design
Randomised single blind controlled study

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
Healthy nutrition and exercise habits

Interventions
Intervention:
Access to interactive web-based application: participants can create a personal account at the intervention website and can use the application as often as they like to for the intervention period of 12 weeks.

Control:
Waiting-list: participants receive a newsletter (once every 3 weeks) with general information (no information on healthy behaviour). After the intervention period of 12 weeks, they receive access to the application.

Intervention Type
Other

Phase
Not Applicable

Primary outcome measure
1. Nutrition behaviour, measured using 14 item questionnaire of the Netherlands Nutrition Centre at baseline and after 12 weeks
2. Exercise behaviour, measured according to the Dutch Norm for Healthy Exercise (Nederlandse Norm Gezond Bewegen), using a 4-item questionnaire at baseline and after 12 weeks

Secondary outcome measures
1. Self-efficacy nutrition and exercise, both measured using a 3-item questionnaire (5 point Likert-scale) at baseline and after 12 weeks
2. Knowledge healthy nutrition habits, measured using a 10-item true/false questionnaire based on the Netherlands classification model at baseline and after 12 weeks
3. Knowledge healthy exercise habits, measured using a 10-item true/false questionnaire based on the Dutch norm for healthy exercise at baseline and after 12 weeks
4. Attitude healthy behaviour, measured using a 5-point Likert-scale questionnaire with 5 items on health consciousness attitude and 6 items on health beliefs attitude at baseline and after 12 weeks
5. Stage of change healthy nutrition and exercise, both measured using one item with five distinct answering categories at baseline and after 12 weeks

Overall study start date
01/12/2008

Completion date
01/06/2009

Reason abandoned (if study stopped)
Eexercise & healthy eating behaviours

Eligibility

Key inclusion criteria
1. Dutch-speaking
2. Interested in using online lifestyle intervention
3. Access to PC with internet access
4. Aged 18 years and over, either sex

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Sex
Both

Target number of participants
300

Key exclusion criteria
Body mass index (BMI) less than 18 or more than 28 kg/m^2

Date of first enrolment
01/12/2008

Date of final enrolment
01/06/2009

Locations

Countries of recruitment
Belgium

Netherlands

Study participating centre
Faculty of Behavioural Sciences
Enschede
Netherlands
7500AE

Sponsor information

Organisation
University of Twente (Netherlands)

Sponsor details
P.O Box 217
Enschede
Netherlands
7500AE

Sponsor type
University/education

Website
http://www.utwente.nl/en/

ROR
https://ror.org/006hf6230

Funder(s)

Funder type
Hospital/treatment centre

Funder Name
Netherlands Nutrition Centre (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	14/04/2011		Yes	No