

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

**Submission date**  
13/08/2009

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
27/10/2009

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
06/09/2011

**Condition category**  
Nutritional, Metabolic, Endocrine

☐ Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
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

**Study type(s)**

Quality of life

**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(s)**

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

**Key secondary outcome(s)**

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

**Completion date**

01/06/2009

**Reason abandoned (if study stopped)**

Exercise & 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

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

Body mass index (BMI) less than 18 or more than 28 kg/m<sup>2</sup>

**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)

**ROR**  
<https://ror.org/006hf6230>

## Funder(s)

**Funder type**  
Hospital/treatment centre

**Funder Name**  
Netherlands Nutrition Centre (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?
<a href="#">Results article</a>	results	14/04/2011		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes