

Studying the use of planning and reminders in the promotion of a healthier dietary lifestyle

Submission date 17/03/2011	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 07/04/2011	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 03/01/2012	Condition category Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> 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
UCR2009-1008

Study information

Scientific Title
An exploratory study on the use of planning and reminders in the promotion of a healthier dietary lifestyle: a randomised controlled trial

Study objectives

Combining planning and reminders will lead to greater reductions in saturated fat intake than the control group

Ethics approval required

Old ethics approval format

Ethics approval(s)

Independent Ethics Committee in Unilever, South of England

Study design

Randomised Controlled Trial

Primary study design

Interventional

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Healthy Individuals

Interventions

1. Control group, in which participants received information on a healthy diet low in saturated fats
2. Planning condition, in which participants were requested to choose specific plans to help them reduce their saturated fat intake
3. Planning and reminders condition, in which participants were requested to form specific plans and also received reminders of these plans over the study duration

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Saturated fat intake measured by a food frequency questionnaire
2. Two self-perceived scales

Key secondary outcome(s)

Socio-cognitive variables:

1. Intention to reduce saturated fat intake
2. Self-efficacy
3. Planning

Completion date

01/03/2010

Eligibility

Key inclusion criteria

1. Body Mass Index (BMI) ≥ 25
2. 30-60 years old
3. Subjects of either sex can take part
4. Not diagnosed with a heart-condition (heart-attack or angina)
5. Not diagnosed with cancer
6. Not diagnosed with an eating disorder
7. Willing to sign the Online Informed Consent form
8. Computer and internet literate
9. Having their own mobile phone
10. Being capable of opening delivered SMS messages
11. Be willing to receive SMS messages over the duration of the study

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. BMI < 24.9
2. <30 years old
3. >60 years old
4. Pregnant women
5. Diagnosed with cancer
6. Diagnosed with an eating disorder
7. Diagnosed with a heart-condition (heart-attack or angina)
8. Any other chronic disease of the major organs (e.g. kidney failure)
9. Not willing to sign an online consent form
10. Not literate in use of computer and the internet
11. Not having their own mobile phone
12. Not capable of opening delivered SMS messages
13. Not willing to receive SMS messages over the duration of the study

Date of first enrolment

01/01/2010

Date of final enrolment

01/03/2010

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

Unilever Discover

Bedfordshire

United Kingdom

MK44 1LQ

Sponsor information

Organisation

Unilever Discover (UK)

ROR

<https://ror.org/05n8ah907>

Funder(s)

Funder type

Industry

Funder Name

Unilever (UK)

Alternative Name(s)

Unilever Global, Unilever PLC, U

Funding Body Type

Government organisation

Funding Body Subtype

For-profit companies (industry)

Location

United Kingdom

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	20/12/2011		Yes	No