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The impact of implementation intentions in changing complex health-related behaviours in order to prevent weight gain: the case of physical activity

Submission date	Recruitment status	[_] Prospectively registered
28/04/2006	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
28/04/2006	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
06/01/2021	Other	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
NTR620

Study information

Scientific Title
The impact of implementation intentions in changing complex health-related behaviours in order to prevent weight gain: the case of physical activity

Study objectives
We hypothesised that forming implementation intentions (II) may increase levels of physical activity.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Received from the local medical ethics committee

Study design
Randomised controlled parallel group trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Prevention

Participant information sheet

Health condition(s) or problem(s) studied
No condition, healthy person

Interventions
Participants were randomly assigned to one of four conditions:
1. Control group
2. Forming single implementation intentions for walking
3. Forming implementation intentions for self-selected activities
4. Forming repeated implementation intentions for self-selected activities

At the end of the pretest questionnaire, all participants were asked to increase their physical activity with at least two hours per week. The participants in the II groups (group 2, 3 and 4) were additionally asked to write down:
1. What activity they were planning to do

2. What day(s) they were planning to do this activity
3. When they were planning the activity (e.g. before or after work)
4. Where they would do the selected activity (e.g. in the park)
5. What time they would spent doing the activity
This exact procedure was employed at three moments for participants in the repeated II condition (group 4) and at pretest with respect to walking instead of self-selected activities for the single II for walking group (group 2). Forming implementation intentions took about ten minutes.

Intervention Type
Other

Phase
Not Specified

Primary outcome measure
Post-tests took place two weeks, three months and six months post-intervention and included measures of body mass index (BMI), physical activity, and cognitions.

Secondary outcome measures
No secondary outcome measures

Overall study start date
01/03/2004

Completion date
01/09/2005

Eligibility

Key inclusion criteria
Adults aged between 18 and 65 years.

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Sex
Both

Target number of participants
709

Total final enrolment
709

Key exclusion criteria
Does not comply with the above inclusion criteria

Date of first enrolment
01/03/2004

Date of final enrolment
01/09/2005

Locations

Countries of recruitment
Netherlands

Study participating centre
Erasmus Medical Center
Rotterdam
Netherlands
3000 CA

Sponsor information

Organisation
Erasmus University Medical Center

Sponsor details
PO Box 2040
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Sponsor type
University/education

Website
http://www.erasmusmc.nl/

ROR
https://ror.org/018906e22

Funder(s)

Funder type

Research organisation

Funder Name
ZonMw

Alternative Name(s)
Netherlands Organisation for Health Research and Development

Funding Body Type
Private sector organisation

Funding Body Subtype
Other non-profit organizations

Location
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	06/03/2009	06/01/2021	Yes	No