

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

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		<input type="checkbox"/> Protocol
<b>Registration date</b> 28/04/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 06/01/2021	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

### Protocol serial number

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

**Study type(s)**

Prevention

**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(s)**

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.

**Key secondary outcome(s)**

No secondary outcome measures

**Completion date**

01/09/2005

**Eligibility****Key inclusion criteria**

Adults aged between 18 and 65 years.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**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  
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3000 CA

## Sponsor information

**Organisation**  
Erasmus University Medical Center

**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

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