

An exploratory study on the effects of online risk communication and planning on lifestyle behaviour changes

Submission date

15/03/2011

Recruitment status

No longer recruiting

Registration date

07/04/2011

Overall study status

Completed

Last Edited

18/04/2012

Condition category

Nutritional, Metabolic, Endocrine

☐ Prospectively registered

☐ Protocol

☐ Statistical analysis plan

☒ Results

☐ 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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Contact details

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

UCR2008-1016

Study information

Scientific Title

An exploratory study on the effects of online risk communication and planning on lifestyle behaviour changes: a randomised controlled trial

Study objectives

To assess the short-term effects of online risk communication and planning on saturated fat intake changes

The specific hypothesis was:

A combined risk communication message and planning will lead to greater reductions in saturated fat intake changes than the control group

Ethics approval required

Old ethics approval format

Ethics approval(s)

Independent Ethics Committee in Unilever; South of England approved on 04/12/2008

Study design

Randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Other

Study type(s)

Prevention

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

Lifestyle behaviour changes

Interventions

Four conditions:

1. A risk communication message group, in which participants received an online risk communication message
2. A planning condition, in which participants were requested to choose specific plans on how to reduce their saturated fat intake

3. A combined risk communication and planning condition
4. A control group, in which participants received information on a healthy diet low in saturated fats

Intervention Type

Other

Phase

Not Applicable

Primary outcome measure

Saturated fat intake changes measured by a food frequency questionnaire and two self-perceived items. These items were measured at the beginning of the week1 (baseline) and at week 5 (follow-up)

Secondary outcome measures

1. Intention to reduce saturated fat intake
2. Self-efficacy
3. Outcome expectancies
4. Risk perceptions

Overall study start date

01/02/2009

Completion date

01/05/2009

Eligibility**Key inclusion criteria**

Healthy Individuals:

1. Body mass index (BMI) equal or greater than 25
2. 30-60 years old
3. Male or female
4. Not diagnosed with a heart-condition (heart-attack or angina)
5. Not diagnosed with cancer
6. Willing to sign the online informed consent form
7. Computer and internet literate

Participant type(s)

Patient

Age group

Adult

Sex

Both

Target number of participants

600

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 a heart-condition (heart-attack or angina)
7. Any other chronic disease of the major organs (e.g. kidney failure)
8. Not willing to sign online consent form
9. Not literate in use of computer and the internet

Date of first enrolment

01/02/2009

Date of final enrolment

01/05/2009

Locations**Countries of recruitment**

England

United Kingdom

Study participating centre

Unilever Discover

Bedfordshire

United Kingdom

MK44 1LQ

Sponsor information**Organisation**

Unilever R&D (UK)

Sponsor details

Unilever Discover

Colworth Science Park

Sharnbrook

Bedfordshire

Bedfordshire

United Kingdom

MK44 1LQ

Sponsor type

Industry

ROR

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

Funder(s)

Funder type

Industry

Funder Name

Unilever R&D (UK)

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	24/11/2011		Yes	No