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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
[X] Results
[ ] 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
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

Study type(s)
Prevention

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

Key secondary outcome(s))
1. Intention to reduce saturated fat intake
2. Self-efficacy

3. Outcome expectancies
4. Risk perceptions

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

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 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

United Kingdom

England

Study participating centre
Unilever Discover
Bedfordshire
United Kingdom
MK44 1LQ

Sponsor information

Organisation
Unilever R&D (UK)

ROR
https://ror.org/05n8ah907

Funder(s)

Funder type
Industry

Funder Name
Unilever R&D (UK)

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	24/11/2011		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes