ISRCTN10184605 https://doi.org/10.1186/ISRCTN10184605

Diet and eating behaviours across early adulthood transitions

Submission date
24/07/2023

Recruitment status
No longer recruiting

Registration date
11/10/2023

Overall study status
Completed

Last Edited
11/10/2023

Condition category
Nutritional, Metabolic, Endocrine

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol

Background and study aims
Early adulthood (ages 16-24 years) is an important period for the development of diet and eating behaviours. This is a time when many people first become overweight, due to changes in diet and exercise habits. There are many aspects of people's lives which are changing through early adulthood; changes in living environment, moving from education into work, perhaps moving to a new city, changes in friends and relationships. All of these changes may influence people's diet and lifestyle.
In September 2023 researchers will run a large-scale longitudinal study recruiting 1,500 students with the aim of increasing our understanding of what influences diet during this period of life. The objectives of the study are:
1. How does diet change from the final year (Y13) of school/college to 12 months later?
2. How do changes in diet differ between those who transition from secondary school into further/higher education, employment or not in education or employment?
3. How do changes in the environment in which people live, work and study influence changes in eating behaviours and diet quality?

Who can participate?
17-18-year-olds who are in their final year of school or college and are living in England and leaving school or college in the next 12 months

What does the study involve?
Participants will be asked to complete an online consent form to confirm their participation in the study. Once consented, they will be sent web links to complete a total of four short eating behaviour questionnaires (requiring 15 minutes each) and three diet recalls (requiring 20 minutes each) across a 2-week period. Once completed, Participants will then be asked to complete the same questionnaires containing similar questions in 12 months' time.

What are the possible benefits and risks of participating?
Taking part in this study will allow participants to gain insight into how research works, and may be something they might like to refer to in a personal statement or job cover letter. Participating in research can be an interesting and novel experience, especially for those interested in further education or a career in science or healthcare. It can also be incredibly

rewarding to know that they are contributing to health research to improve the future health of the population. As a thank you for participating in the study, £50 of Amazon gift vouchers will be given to those who engage well. There are very limited disadvantages to taking part in the study aside from the time it will take a participant to complete the questionnaires and dietary recalls.

Where is the study run from?
University of Cambridge (UK)

When is the study starting and how long is it expected to run for?
April 2023 to March 2025

Who is funding the study?
The Medical Research Council (MRC) (UK)

Who is the main contact?
Emma Lachasseigne, emma.lachasseigne@mrc-epid.cam.ac.uk

Contact information

Type(s)
Public

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Additional identifiers

Integrated Research Application System (IRAS)
331413

Central Portfolio Management System (CPMS)
57351

Study information

Scientific Title
A longitudinal observational study recruiting 17-18-year-olds in their final year of school and following them up 12 months later to observe how the early adulthood transition impacts their dietary behaviours

Acronym
DEBEAT

Study objectives
Entering early adulthood can be an exciting new chapter in young people's lives. This period often includes changes in living arrangements, starting a new job or a new education course, and changes in friendships and relationships.

Early adulthood is also an important period for health and is the age at which overweight and obesity rise the fastest. It can also be a time of development of new food and exercise-related behaviours in response to new living environments. We want to understand more about the changing influences and constraints which young adults experience, and how these may be related to the food they eat and their long-term health.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 07/09/2023, Cambridge Psychology Research Ethics Committee (17 Mill Lane, Cambridge, CB2 1RX, United Kingdom; +44 (0)1223 766876; SBSEthics@admin.cam.ac.uk), ref: PRE.2023.084

Primary study design
Observational

Study design
Longitudinal observational study

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Diet and eating behaviours in school year 13 (ages 17-18 years) students across the transition into early adulthood

Interventions
4x web-based questionnaires to assess diet and eating behaviours. 3x web-based Intake24 dietary recalls.

Intervention Type
Behavioural

Primary outcome(s)
Dietary intake is measured using 3x non-consecutive Intake24 recalls at baseline and 12 months later

Key secondary outcome(s)
There are no secondary outcome measures

Completion date

31/03/2025

Eligibility

Key inclusion criteria
Aged 17-18 years in school year 13

Participant type(s)
Learner/student

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
17 Years

Upper age limit
18.9 Years

Sex
All

Key exclusion criteria
1. Current or planned pregnancy
2. Likely to be outside of the UK in 2024

Date of first enrolment
13/09/2023

Date of final enrolment
31/12/2023

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Addenbrookes
Addenbrookes Hospital
Hills Road

Cambridge
United Kingdom
CB2 0QQ

Sponsor information

Organisation
University of Cambridge

ROR
https://ror.org/013meh722

Funder(s)

Funder type
Research council

Funder Name
Medical Research Council

Alternative Name(s)
Medical Research Council (United Kingdom), UK Medical Research Council, Medical Research Committee and Advisory Council, MRC

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan
The data-sharing plans for the current study are unknown and will be made available at a later date

IPD sharing plan summary
Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Study website	Study website	11/11/2025	11/11/2025	No	Yes