

Tiny Tastes

Submission date 10/05/2011	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 07/07/2011	Overall study status Completed	☐ Protocol
Last Edited 04/06/2014	Condition category Nutritional, Metabolic, Endocrine	☐ Statistical analysis plan
		☒ Results
		☐ Individual participant data

Plain English summary of protocol

Background and study aims

Repeated exposure to a taste, along with sticker rewards for tasting, can increase children's acceptance of disliked foods but previous studies have been intensive and would be difficult and expensive to make widely available. This study aims to test if mailed materials giving parents instructions on taste exposure and rewards can effectively increase acceptance of vegetables in preschool-aged children.

Who can participate?

The study will recruit families with young twins from the Gemini cohort (www.geministudy.co.uk).

What does the study involve?

Families who elect to participate will be randomly allocated to an intervention group or a no-treatment control group. All families will be asked to select a vegetable both their twins dislike. Parents will be instructed to measure their children's intake (number of pieces) and liking of the target vegetable at test sessions before and after the intervention. The families in the intervention group will also receive an information pack and a link to an online video. Intervention group parents will offer each of their twins 14 daily tastes of a disliked vegetable and provide a sticker reward if they taste it. The control group families will receive the intervention materials only after completing the study.

What are the possible benefits and risks of participating?

The study may increase children's acceptance of previously rejected vegetables. No risks are expected.

Where is the study run from?

The study has been set up by the Health Behaviour Research Centre at University College London (UK).

When is the study starting and how long is it expected to run for?

Recruitment will start in early 2011 and the study will run for about 1 year.

Who is funding the study?

The recruitment of the Gemini cohort was funded by a grant from Cancer Research UK, and the design and production of the packs used in this study was funded by Weight Concern.

Who is the main contact?

Professor Jane Wardle

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Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

G0701864

Study information

Scientific Title

The influence of rewards on children's vegetable acceptance: a home-based randomised controlled trial

Study objectives

Both tangible and social rewards (when paired with repeated exposure) would increase the acceptance of a moderately disliked vegetable when compared with a no-treatment control condition

This is second of two studies on incentives in child feeding, the first of which was registered under ISRCTN42922680.

Ethics approval required

Old ethics approval format

Ethics approval(s)

UCL Research Ethics Committee, 27/11/2009, ref: 2174/001

Primary study design

Interventional

Study design

Home-based randomised controlled trial

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Children's nutrition

Interventions

All children will participate in pre-intervention, post-intervention and 1- and 3-month follow-up assessments

Children will be randomly assigned to one of three conditions:

1. Tangible reward: daily offer of target vegetable for 12 days with a sticker reward given for tasting
2. Social reward: daily offer of target vegetable for 12 days with specific praise given for tasting
3. Control: no tasting between assessment sessions

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Children's liking of their target vegetable (3-point faces scale: 1 = 'Yucky', 2= 'OK', 3= 'Yummy')
 2. Consumption of the target vegetable in grams
- Both measures taken pre-intervention, post-intervention and at 1- and 3-month follow-up

Key secondary outcome(s)

1. Parental feeding practices
2. Child's food fussiness
3. Liking and frequency of consumption of a range of fruit and vegetables

Completion date

01/11/2011

Eligibility**Key inclusion criteria**

1. Children aged 3-4 years and their care giver
2. Care giver fluent in written and spoken English

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

3 Years

Upper age limit

4 Years

Sex

All

Key exclusion criteria

Significant learning difficulties or physical problems affecting feeding and eating

Date of first enrolment

04/01/2010

Date of final enrolment

01/11/2011

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

Health Behaviour Research Centre

London

United Kingdom

WC1E 7HB

Sponsor information**Organisation**

University College London (UK)

ROR

<https://ror.org/02jx3x895>

Funder(s)

Funder type

Research council

Funder Name

Medical Research Council (MRC) - National Prevention Research Initiative (NPRI) (UK) (ref: G0701864)

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	01/06/2014		Yes	No