

Computer tailored information to influence nutrition, smoking and exercise habits; testing the application at the community level

| | | |
|----------------------------------------|---------------------------------------------------|------------------------------------------------------|
| Submission date 09/01/2006 | Recruitment status No longer recruiting | <input type="checkbox"/> Prospectively registered |
| | | <input type="checkbox"/> Protocol |
| Registration date 09/01/2006 | Overall study status Completed | <input type="checkbox"/> Statistical analysis plan |
| | | <input checked="" type="checkbox"/> Results |
| Last Edited 18/09/2008 | Condition category 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
Dr T. Smeets

Contact details
University Maastricht
GVO
P.O. Box 616
Maastricht
Netherlands
6200 MD
+31 (0)43 3882194
t.smeets@gvo.unimaas.nl

Additional identifiers

Study information

Scientific Title

Acronym

ALOM

Study objectives

To examine the effectiveness of a computer-tailored intervention on nutrition, smoking and exercise habits, and to test potential moderators of the effectiveness (body mass index [BMI], age, socio-economic status [SES], gender, motivation, and the number of behaviours for which respondents met the recommendations from national guidelines).

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval received from the local medical ethics committee

Study design

Randomised active controlled parallel group trial

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Nutrition, smoking and exercise habits

Interventions

One experimental group which received three tailored information letters with intervals of three months. One control condition which received three general information letters with intervals of three months.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Behaviour change measured with four written questionnaires.

Key secondary outcome(s)

Not provided at time of registration

Completion date

30/11/2005

Eligibility

Key inclusion criteria

Adults between 18 and 65 years

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Upper age limit

65 years

Sex

All

Key exclusion criteria

Adults not in the age range 18 - 65 years

Date of first enrolment

16/10/2000

Date of final enrolment

30/11/2005

Locations**Countries of recruitment**

Netherlands

Study participating centre

University Maastricht

Maastricht

Netherlands

6200 MD

Sponsor information**Organisation**

University Maastricht (UM) (The Netherlands)

ROR

https://ror.org/02jz4aj89

Funder(s)

Funder type

Research organisation

Funder Name

The Netherlands Organisation for Health Research and Development (ZonMw) (The 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? |
|---------------------------------|---------|--------------|------------|----------------|-----------------|
| Results article | Results | 01/04/2007 | | Yes | No |