

Impact study of ONCOOK webinars on the quality of life of patients being treated for cancer

Submission date 17/06/2026	Recruitment status Recruiting	☐ Prospectively registered ☒ Protocol
Registration date 06/07/2026	Overall study status Ongoing	☐ Statistical analysis plan ☐ Results
Last Edited 06/07/2026	Condition category Cancer	☐ Individual participant data ☒ Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)

Principal investigator

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Additional identifiers

EU Clinical Trials Register (EudraCT)

2025-A01381-48

Study information

Scientific Title

Impact study of a remote cooking and nutrition workshop program on the quality of life of patients being treated for cancer

Acronym

ONCOOK

Study objectives

The main objective is to test the hypothesis—through a survey covering all of France, including the overseas regions—that “a high level of patient motivation to attend ONCOOK workshops and to apply the culinary and nutritional advice provided may lead to an improvement in their quality of life.”

Ethics approval required

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Ethics approval(s)

Approved 07/04/2026, Île-de-France VIII Research Ethics Committee (Hôpital Ambroise Paré, 9 Avenue Charles de Gaule, Boulogne Billancourt, 92100, France; 0149095814; cppidf8@aphp.fr), ref: 25.02155.000391

Primary study design

Observational

Secondary study design

Cohort study

Study type(s)

Health condition(s) or problem(s) studied

cancer

Interventions

The study calls for the participation in online cooking workshops (cookinars), at a rate of one workshop per month according to a pre-established schedule, with a commitment to participate in at least three of them over a 6-month period.

The “Cookinares”

The “Cookinars” are online cooking workshops lasting approximately 1 hour and 30 minutes, led by Dr. Philippe Pouillart, who may be joined by a healthcare professional or a patient advocate. An additional 30 minutes at the end of each workshop is set aside for participants to complete a satisfaction survey together.

Each session addresses one or two cancer-related symptoms, offering advice on food choices, cooking tips, and adapted recipes. The shopping list and recipes will be sent out before each workshop. Participants can cook along or simply listen and ask questions live.

Follow-up Questionnaires

Throughout their participation, patients will receive a series of questionnaires via the SPHINX software:

1. Demographic questionnaire (upon enrollment)
2. Questionnaires on their experience with the cooking sessions (at the end of each session and 3 weeks later for each session they attend)
3. Quality of life questionnaire (after enrollment, then every three months for the duration of the study)

Intervention Type

Behavioural

Primary outcome(s)

1. Quality of life measured using the EORTC Core Quality of Life questionnaire (EORTC QLQ-C30) at 0, 3 and 6 months

Key secondary outcome(s)

1. Motivation measured using a questionnaire on the motivation to attend the workshops and their uptake of culinary and nutritional advice at the end of each cookinar (up to 6)

Completion date

31/12/2028

Eligibility

Key inclusion criteria

1. French-speaking adults who report having cancer, regardless of their cancer status or the stage of the disease
2. Not hospitalized in palliative care or in intermediate-care facilities (SMR) or long-term care facilities (EHPAD)
3. Access to the Internet
4. Normal oral intake, meaning the ability to eat a varied diet consisting of foods of different textures, providing energy and nutrition at any time of day, consumed orally, either independently or with assistance during meals.

Healthy volunteers allowed

No

Age group

Mixed

Lower age limit

18 Years

Upper age limit

99 Years

Sex

All

Total final enrolment

0

Key exclusion criteria

1. No Internet connection
2. Nasogastric tube feeding or parenteral nutrition
3. Admitted to palliative care or to intermediate-care facilities (SMR) or long-term care facilities (EHPAD)

Date of first enrolment

29/06/2026

Date of final enrolment

30/06/2028

Locations**Countries of recruitment**

France

French Guiana

French Polynesia

French Southern Territories

Guadeloupe

Martinique

Mayotte

Réunion

Saint Pierre and Miquelon

Study participating centre

UniLaSalle Polytechnic Institute
19 Rue Pierre Waguet
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France
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Sponsor information

Organisation
UniLaSalle

ROR
<https://ror.org/05wy89733>

Funder(s)

Funder type

Funder Name
Malakoff Humanis

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Other files			18/06/2026	No	No
Participant information sheet	version 3	14/04/2026	18/06/2026	No	Yes
Protocol file	version 2	14/04/2026	18/06/2026	No	No