

The effects of an interactive web-based intervention to promote healthy behaviour

Submission date 13/08/2009	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 27/10/2009	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 06/09/2011	Condition category Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> 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

Study information

Scientific Title
The effects of an interactive web-based intervention to promote healthy behaviour: a randomised single-blind study with a waiting list control condition

Study objectives

Respondents who receive access to the interactive web-based intervention will show more improvement in healthy behaviour (nutrition and exercise) than respondents in the waiting-list condition after the intervention period of 12 weeks.

Ethics approval required

Old ethics approval format

Ethics approval(s)

No ethics approval needed in the Netherlands for this trial on online prevention.

Primary study design

Interventional

Study design

Randomised single blind controlled study

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Healthy nutrition and exercise habits

Interventions

Intervention:

Access to interactive web-based application: participants can create a personal account at the intervention website and can use the application as often as they like to for the intervention period of 12 weeks.

Control:

Waiting-list: participants receive a newsletter (once every 3 weeks) with general information (no information on healthy behaviour). After the intervention period of 12 weeks, they receive access to the application.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Nutrition behaviour, measured using 14 item questionnaire of the Netherlands Nutrition Centre at baseline and after 12 weeks
2. Exercise behaviour, measured according to the Dutch Norm for Healthy Exercise (Nederlandse Norm Gezond Bewegen), using a 4-item questionnaire at baseline and after 12 weeks

Key secondary outcome(s)

1. Self-efficacy nutrition and exercise, both measured using a 3-item questionnaire (5 point Likert-scale) at baseline and after 12 weeks
2. Knowledge healthy nutrition habits, measured using a 10-item true/false questionnaire based on the Netherlands classification model at baseline and after 12 weeks

3. Knowledge healthy exercise habits, measured using a 10-item true/false questionnaire based on the Dutch norm for healthy exercise at baseline and after 12 weeks
4. Attitude healthy behaviour, measured using a 5-point Likert-scale questionnaire with 5 items on health consciousness attitude and 6 items on health beliefs attitude at baseline and after 12 weeks
5. Stage of change healthy nutrition and exercise, both measured using one item with five distinct answering categories at baseline and after 12 weeks

Completion date

01/06/2009

Reason abandoned (if study stopped)

Exercise & healthy eating behaviours

Eligibility

Key inclusion criteria

1. Dutch-speaking
2. Interested in using online lifestyle intervention
3. Access to PC with internet access
4. Aged 18 years and over, either sex

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Key exclusion criteria

Body mass index (BMI) less than 18 or more than 28 kg/m²

Date of first enrolment

01/12/2008

Date of final enrolment

01/06/2009

Locations

Countries of recruitment

Belgium

Netherlands

Study participating centre
Faculty of Behavioural Sciences
Enschede
Netherlands
7500AE

Sponsor information

Organisation
University of Twente (Netherlands)

ROR
<https://ror.org/006hf6230>

Funder(s)

Funder type
Hospital/treatment centre

Funder Name
Netherlands Nutrition Centre (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	14/04/2011		Yes	No