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# Studying the use of planning and reminders in the promotion of a healthier dietary lifestyle

**Submission date**
17/03/2011

**Recruitment status**
No longer recruiting

**Registration date**
07/04/2011

**Overall study status**
Completed

**Last Edited**
03/01/2012

**Condition category**
Nutritional, Metabolic, Endocrine

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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

**Protocol serial number**
UCR2009-1008

## Study information

**Scientific Title**
An exploratory study on the use of planning and reminders in the promotion of a healthier dietary lifestyle: a randomised controlled trial

**Study objectives**

Combining planning and reminders will lead to greater reductions in saturated fat intake than the control group

### Ethics approval required
Old ethics approval format

### Ethics approval(s)
Independent Ethics Committee in Unilever, South of England

### Primary study design
Interventional

### Study design
Randomised Controlled Trial

### Study type(s)
Prevention

### Health condition(s) or problem(s) studied
Healthy Individuals

### Interventions
1. Control group, in which participants received information on a healthy diet low in saturated fats
2. Planning condition, in which participants were requested to choose specific plans to help them reduce their saturated fat intake
3. Planning and reminders condition, in which participants were requested to form specific plans and also received reminders of these plans over the study duration

### Intervention Type
Other

### Phase
Not Specified

### Primary outcome(s)
1. Saturated fat intake measured by a food frequency questionnaire
2. Two self-perceived scales

### Key secondary outcome(s)
Socio-cognitive variables:
1. Intention to reduce saturated fat intake
2. Self-efficacy
3. Planning

### Completion date
01/03/2010

## Eligibility

### Key inclusion criteria
1. Body Mass Index (BMI) ≥ 25
2. 30-60 years old
3. Subjects of either sex can take part
4. Not diagnosed with a heart-condition (heart-attack or angina)
5. Not diagnosed with cancer
6. Not diagnosed with an eating disorder
7. Willing to sign the Online Informed Consent form
8. Computer and internet literate
9. Having their own mobile phone
10. Being capable of opening delivered SMS messages
11. Be willing to receive SMS messages over the duration of the study

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Adult

### Sex
All

### Key exclusion criteria
1. BMI < 24.9
2. <30 years old
3. >60 years old
4. Pregnant women
5. Diagnosed with cancer
6. Diagnosed with an eating disorder
7. Diagnosed with a heart-condition (heart-attack or angina)
8. Any other chronic disease of the major organs (e.g. kidney failure)
9. Not willing to sign an online consent form
10. Not literate in use of computer and the internet
11. Not having their own mobile phone
12. Not capable of opening delivered SMS messages
13. Not willing to receive SMS messages over the duration of the study

### Date of first enrolment
01/01/2010

### Date of final enrolment
01/03/2010

## Locations

### Countries of recruitment
United Kingdom

England

**Study participating centre**
**Unilever Discover**
Bedfordshire
United Kingdom
MK44 1LQ

## Sponsor information

**Organisation**
Unilever Discover (UK)

**ROR**
https://ror.org/05n8ah907

## Funder(s)

**Funder type**
Industry

**Funder Name**
Unilever (UK)

**Alternative Name(s)**
Unilever Global, Unilever PLC, U

**Funding Body Type**
Government organisation

**Funding Body Subtype**
For-profit companies (industry)

**Location**
United Kingdom

## 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 | 20/12/2011 | | Yes | No |