

The impact of implementation intentions in changing complex health-related behaviours in order to prevent weight gain: the case of physical activity

Submission date 28/04/2006	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 28/04/2006	Overall study status Completed	☐ Statistical analysis plan
		☒ Results
Last Edited 06/01/2021	Condition category Other	☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Dr Emely de Vet

Contact details

Erasmus Medical Center
Department of Public Health
P.O. Box 2040
Rotterdam
Netherlands
3000 CA
+31 (0)10 4638460
e.devet@erasmusmc.nl

Additional identifiers

Protocol serial number

NTR620

Study information

Scientific Title

The impact of implementation intentions in changing complex health-related behaviours in order to prevent weight gain: the case of physical activity

Study objectives

We hypothesised that forming implementation intentions (II) may increase levels of physical activity.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Received from the local medical ethics committee

Primary study design

Interventional

Study design

Randomised controlled parallel group trial

Study type(s)

Prevention

Health condition(s) or problem(s) studied

No condition, healthy person

Interventions

Participants were randomly assigned to one of four conditions:

1. Control group
2. Forming single implementation intentions for walking
3. Forming implementation intentions for self-selected activities
4. Forming repeated implementation intentions for self-selected activities

At the end of the pretest questionnaire, all participants were asked to increase their physical activity with at least two hours per week. The participants in the II groups (group 2, 3 and 4) were additionally asked to write down:

1. What activity they were planning to do
2. What day(s) they were planning to do this activity
3. When they were planning the activity (e.g. before or after work)
4. Where they would do the selected activity (e.g. in the park)
5. What time they would spent doing the activity

This exact procedure was employed at three moments for participants in the repeated II condition (group 4) and at pretest with respect to walking instead of self-selected activities for the single II for walking group (group 2). Forming implementation intentions took about ten minutes.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Post-tests took place two weeks, three months and six months post-intervention and included measures of body mass index (BMI), physical activity, and cognitions.

Key secondary outcome(s)

No secondary outcome measures

Completion date

01/09/2005

Eligibility**Key inclusion criteria**

Adults aged between 18 and 65 years.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Total final enrolment

709

Key exclusion criteria

Does not comply with the above inclusion criteria

Date of first enrolment

01/03/2004

Date of final enrolment

01/09/2005

Locations**Countries of recruitment**

Netherlands

Study participating centre
Erasmus Medical Center
Rotterdam
Netherlands
3000 CA

Sponsor information

Organisation
Erasmus University Medical Center

ROR
<https://ror.org/018906e22>

Funder(s)

Funder type
Research organisation

Funder Name
ZonMw

Alternative Name(s)
Netherlands Organisation for Health Research and Development

Funding Body Type
Private sector organisation

Funding Body Subtype
Other non-profit organizations

Location
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	06/03/2009	06/01/2021	Yes	No