

An exploratory study on the effects of online risk communication and planning on lifestyle behaviour changes

Submission date 15/03/2011	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 07/04/2011	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 18/04/2012	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

Protocol serial number
UCR2008-1016

Study information

Scientific Title
An exploratory study on the effects of online risk communication and planning on lifestyle behaviour changes: a randomised controlled trial

Study objectives

To assess the short-term effects of online risk communication and planning on saturated fat intake changes

The specific hypothesis was:

A combined risk communication message and planning will lead to greater reductions in saturated fat intake changes than the control group

Ethics approval required

Old ethics approval format

Ethics approval(s)

Independent Ethics Committee in Unilever; South of England approved on 04/12/2008

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Lifestyle behaviour changes

Interventions

Four conditions:

1. A risk communication message group, in which participants received an online risk communication message
2. A planning condition, in which participants were requested to choose specific plans on how to reduce their saturated fat intake
3. A combined risk communication and planning condition
4. A control group, in which participants received information on a healthy diet low in saturated fats

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Saturated fat intake changes measured by a food frequency questionnaire and two self-perceived items. These items were measured at the beginning of the week1 (baseline) and at week 5 (follow-up)

Key secondary outcome(s)

1. Intention to reduce saturated fat intake
2. Self-efficacy

3. Outcome expectancies
4. Risk perceptions

Completion date

01/05/2009

Eligibility

Key inclusion criteria

Healthy Individuals:

1. Body mass index (BMI) equal or greater than 25
2. 30-60 years old
3. Male or female
4. Not diagnosed with a heart-condition (heart-attack or angina)
5. Not diagnosed with cancer
6. Willing to sign the online informed consent form
7. Computer and internet literate

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 a heart-condition (heart-attack or angina)
7. Any other chronic disease of the major organs (e.g. kidney failure)
8. Not willing to sign online consent form
9. Not literate in use of computer and the internet

Date of first enrolment

01/02/2009

Date of final enrolment

01/05/2009

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Unilever Discover

Bedfordshire

United Kingdom

MK44 1LQ

Sponsor information

Organisation

Unilever R&D (UK)

ROR

<https://ror.org/05n8ah907>

Funder(s)

Funder type

Industry

Funder Name

Unilever R&D (UK)

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	24/11/2011		Yes	No