

Effect of switching between actively sniffed food odours on appetite and food choice.

No registrations found.

Ethical review	Not applicable
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON21506

Source

Nationaal Trial Register

Brief title

Sniff

Health condition

Overconsumption

Sponsors and support

Primary sponsor: Wageningen University

Source(s) of monetary or material Support: Stichting Technologische Wetenschappen (STW)

Intervention

Outcome measures

Primary outcome

1. Appetite (rated on VAS: 'Hoeveel zin heb je om op dit moment te eten?');

2. Sensory-specific-appetite (rated on VAS: 'Hoeveel zin heb je om op dit moment bananen te eten?');
3. Appetite for something savoury and appetite for something sweet;
4. Food choice frequency: frequency of choice for a certain product.

Secondary outcome

N/A

Study description

Background summary

In view of the obesity epidemic, it is important to understand which factors determine the appetizing and/or satiating responses to food cues. It is well known that exposure to food cues, e.g. the sight or odour of freshly baked bread or pizza, can enhance appetite feelings. Especially, the appetite for smelled foods increases, compared to foods that were not smelled (sensory-specific appetite). On the other hand, some studies showed that the appetite for the smelled foods decreased after sniffing the food actively (sensory-specific satiety).

In this study, we want to investigate if active/passive smelling affects appetite and food choice. Furthermore, we would like to find out if food choice is determined most by the first exposure or the last, by switching between odours.

The primary objective is to investigate the effects of active sniffing and switching between food odours on appetite, sensory-specific appetite and food choice odours on appetite, appetite for the smelled food and salivation over time.

Who can participate? Healthy women, 18-45 yr old, BMI 18.5 – 25 kg / m².

What does the study involve? Participants are expected in the lab for 4 times, around lunch time. During every visit, they will actively smell the content of two cups for 5 minutes. The content of the cups are in the different conditions as follows: banana/meat, meat/banana, water/meat, water banana. Before, and during the active smelling, the participants will fill out an appetite questionnaire, in which hunger, appetite and appetite for different kind of foods will be assessed. At the end a food choice questionnaire will be given.

Study objective

1. Active sniffing decreases appetite;

2. Food choice is mainly influenced by the food odour that was perceived first.

Study design

All individuals are expected to come four times to the testlocation.

Intervention

Odour, either banana or meat.

Participants are expected in the lab for 4 times, around lunch time. During every visit, they will actively smell the content of two cups for 5 minutes. The content of the cups are in the different conditions as follows: banana/meat, meat/banana, water/meat, water banana. Before, and during the active smelling, the participants will fill out an appetite questionnaire, in which hunger, appetite and appetite for different kind of foods will be assessed. At the end a food choice questionnaire will be given.

Contacts

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Eligibility criteria

Inclusion criteria

1. Female;
2. Between 18 to 45 years old;

3. BMI between 18.5 and 25 kg/m²;
4. Healthy as judged by the participant;
5. Fluent in Dutch.

Exclusion criteria

1. Smoking;
2. Following a diet during last 2 months;
3. Weight gain or loss of more than 5kg during last year;
4. Pregnancy or breast feeding during last half year;
5. Vegetarian;
6. Diabetes;
7. Hormonal diseases;
8. Disease on the thyroid gland;
9. Stomach or bowel disease;
10. Participating in other research that has restrictions on consumption;
11. Drug use;
12. Medication during last 3 months (Lactulose, Norit, ' Maagzuurremmers');
13. Lack of appetite for any (unknown) reason;
14. Difficulties swallowing or eating;
15. Hyper sensitivity or allergy to one of the food items that are smelled during the lunch in the study (bananas, meat).

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	04-03-2013
Enrollment:	30
Type:	Anticipated

Ethics review

Not applicable	
Application type:	Not applicable

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL3648
NTR-old	NTR3830

Register

Other

ISRCTN

ID

: N/A

ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

N/A