

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

Gepubliceerd: 01-02-2013 Laatste bijgewerkt: 13-12-2022

1. Active sniffing decreases appetite; 2. Food choice is mainly influenced by the food odour that was perceived first.

Ethische beoordeling	Niet van toepassing
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON21506

Bron

Nationaal Trial Register

Verkorte titel

Sniff

Aandoening

Overconsumption

Ondersteuning

Primaire sponsor: Wageningen University

Overige ondersteuning: Stichting Technologische Wetenschappen (STW)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

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.

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

1. Active sniffing decreases appetite;
2. Food choice is mainly influenced by the food odour that was perceived first.

Onderzoeksopzet

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

Onderzoeksproduct en/of interventie

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.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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).

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Cross-over
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	04-03-2013
Aantal proefpersonen:	30
Type:	Verwachte startdatum

Ethische beoordeling

Niet van toepassing	
Soort:	Niet van toepassing

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL3648
NTR-old	NTR3830

Register

Ander register
ISRCTN

ID

: N/A
ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A