

Take it slow: Examining the efficacy of persuasive technology to alter eating rate: STUDY II

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Ethische beoordeling	Niet van toepassing
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON27845

Bron

Nationaal Trial Register

Aandoening

Eating behaviour, Food intake, Weight status

Ondersteuning

Primaire sponsor: Radboud University Nijmegen, Behavioural Science Institute

Overige ondersteuning: NWO, SlowControl

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

- Average eating speed (number of servings per minute)

- Over speed ratio

Toelichting onderzoek

Achtergrond van het onderzoek

The current study examines whether real-time vibrotactile feedback about eating rate delivered by a persuasive technology can alter eating behaviour in the home setting. We examine the effectiveness of two types of feedback, real-time vibrotactile and retrospective visual feedback. The main aim of the study is to test whether a four-week training period can help people to adopt a slower eating rate over time.

Doel van het onderzoek

Over 41% of the Dutch population is overweight, a known risk factor for a range of debilitating conditions. Modifying behaviours associated with overweight, such as eating rate, or the speed at which people consume food, could reduce overweight and improve health. Eating rate is a basic determinant of appetite regulation, as people who eat more slowly feel satiated earlier and eat less. Unfortunately without assistance, eating rate is difficult to modify due to its highly automatic nature. The current study examines whether real-time vibrotactile feedback about eating rate delivered by a persuasive technology can alter eating behaviour in the home setting. We examine the effectiveness of two types of feedback, real-time vibrotactile and retrospective visual feedback. The main aim of the study is to test whether a four-week training period can help people to adopt a slower eating rate over time.

Onderzoeksopzet

All primary outcomes will be measured at baseline, directly after the four week training period and at follow-up 2 months later. Secondary outcomes will also be measured at three time points; baseline, after training period and 2 month follow-up.

Onderzoeksproduct en/of interventie

The current study examines whether real-time vibrotactile feedback about eating rate delivered by a persuasive technology can alter eating behaviour in the home setting. We examine the effectiveness of two types of feedback, real-time vibrotactile and retrospective visual feedback. The main aim of the study is to test whether a four-week training period can help people to adopt a slower eating rate over time. At the beginning of the study, participants complete a baseline survey and we weigh and measure them. Baseline eating rate is assessed during a 7 consecutive day measurement period. During this period, participants will use the fork without any form of feedback. After establishing a baseline measure of eating rate, we randomly assign participants to an experimental between participants design with four conditions:

1. Augmented fork with vibrotactile feedback

- 2 - Take it slow: Examining the efficacy of persuasive technology to alter eating ra ... 27-06-2025

2. Augmented fork with visual retrospective feedback not longer applicable
 3. Augmented fork with both vibrotactile feedback and visual retrospective feedback
 4. Augmented fork without any form of feedback
- Participants in all four conditions are asked to use the fork for a training period of four weeks. After this period, all participants use the fork without any form of feedback another week to establish post-eating rate. Moreover, they complete a survey and are weighed. This measurement is repeated eight weeks later in a two-month follow-up to test for sustainable changes in eating rate and weigh across the four conditions.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Both males and females, between 18 and 65 years old, (self-reported) fast eaters, BMI 25 > and < 35

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

< 18 years, > 65 years, BMI < 25 and > 35, gastric bypass patients

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	16-11-2015
Aantal proefpersonen:	150
Type:	Werkelijke startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

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
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NTR-new	NL5432
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NTR-old	NTR5566
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Ander register NIHC NWO: Food Cognition & Behaviour : 057-14-010 / 2015/00386

Resultaten