



Campden BRI Pilot trial of the Food Intake element of PRECIOUS

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Aims

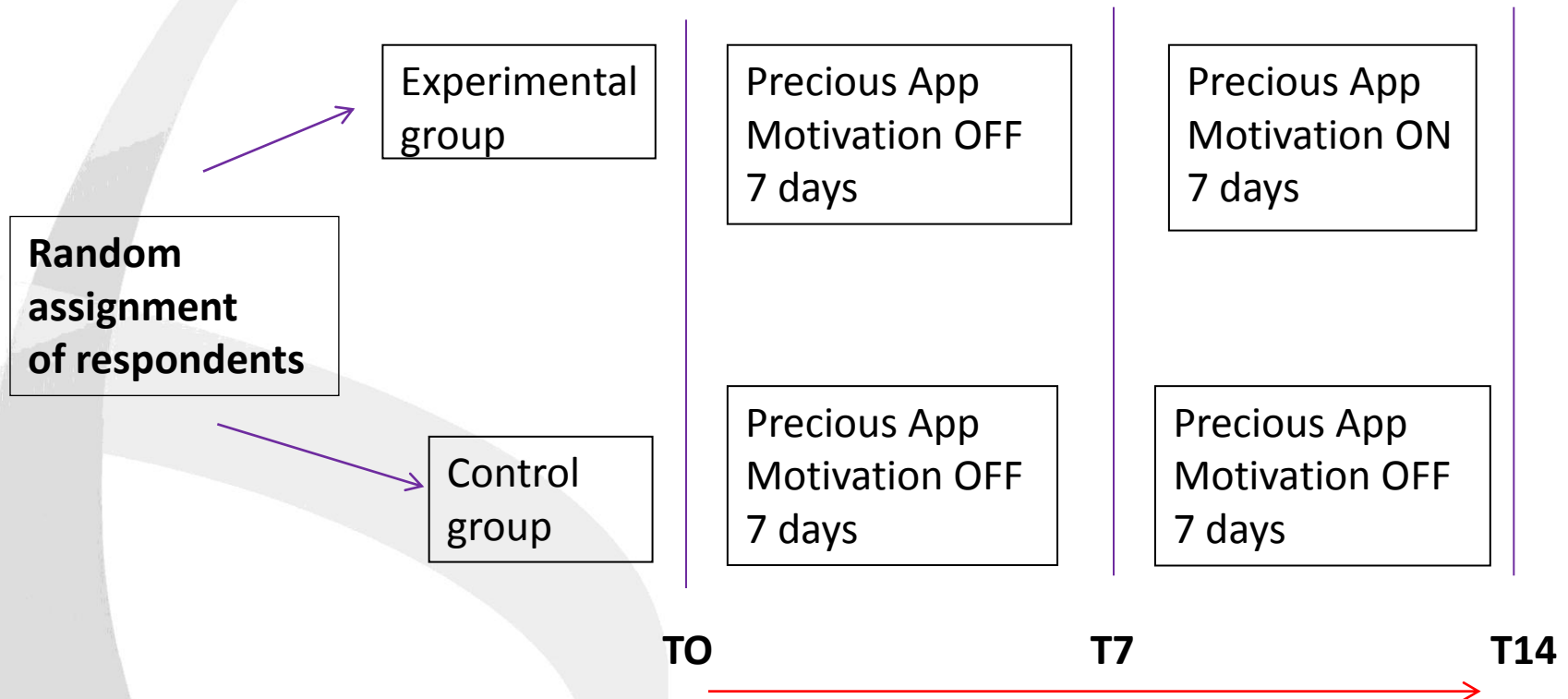
To determine;

- Whether there is a **change in the perceived motivation** amongst users when the motivational aspects were switched on
- Whether there is a **change in food logging behaviour** when the motivational aspects were switched on
- The **usability** of the Food intake tool; defined in terms of ; effectiveness, efficiency, satisfaction and learnability



Design

Target no. Participants 120
No. Participants complete 95



Record app usage: duration and frequency of use T1 to T14

Experimental Design: Per-test Post-test control group design (Fisher & Fareit, 2002)

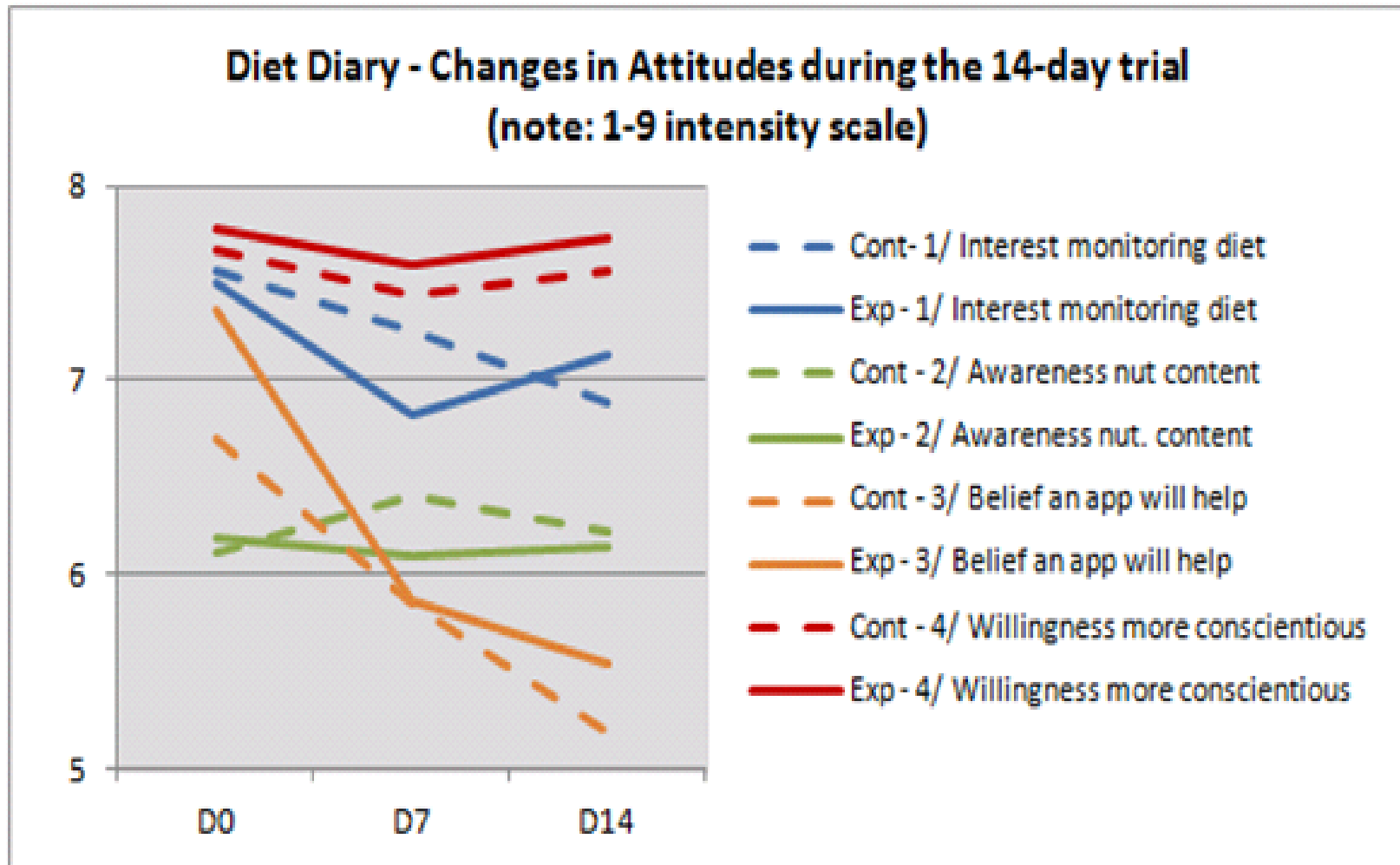


Diet Diary Results (Usage data)

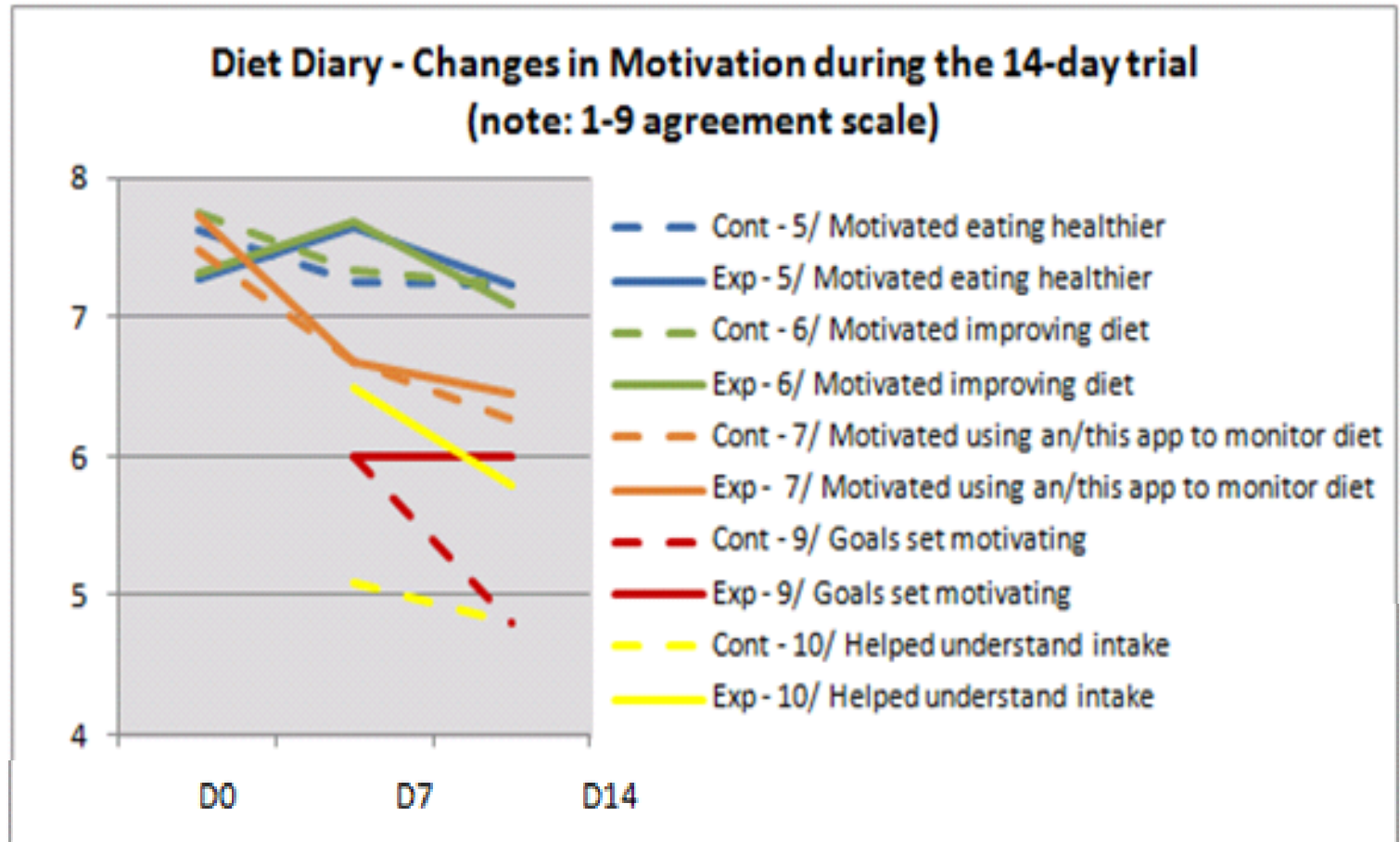
Diet Diary Element	Week 1		Week 2		Time Differences (Week 2 – Week 1)	
	No. of days where items were logged	No. of items logged per day	No. of days where items were logged	No. of items logged per day	No. of days where items were logged	No. of items logged per day
Experimental (E)	mean = 6.8 median = 7	mean = 8.4 median = 8	mean = 6.2 median = 7	mean = 6.5 median = 7	- 0.6 BS	- 1.9 S
Control (C)	mean = 6.9 median = 7	mean = 11.5 median = 10	mean = 6.0 median = 6	mean = 8.8 median = 8	- 0.9 S	- 2.8 S
Group Differences (E-C)	- 0.1 NS	- 3.1 S	+ 0.2 NS	- 2.3 NS	/	/



Diet Diary Results (Questionnaires)



Diet Diary Results (Questionnaires)

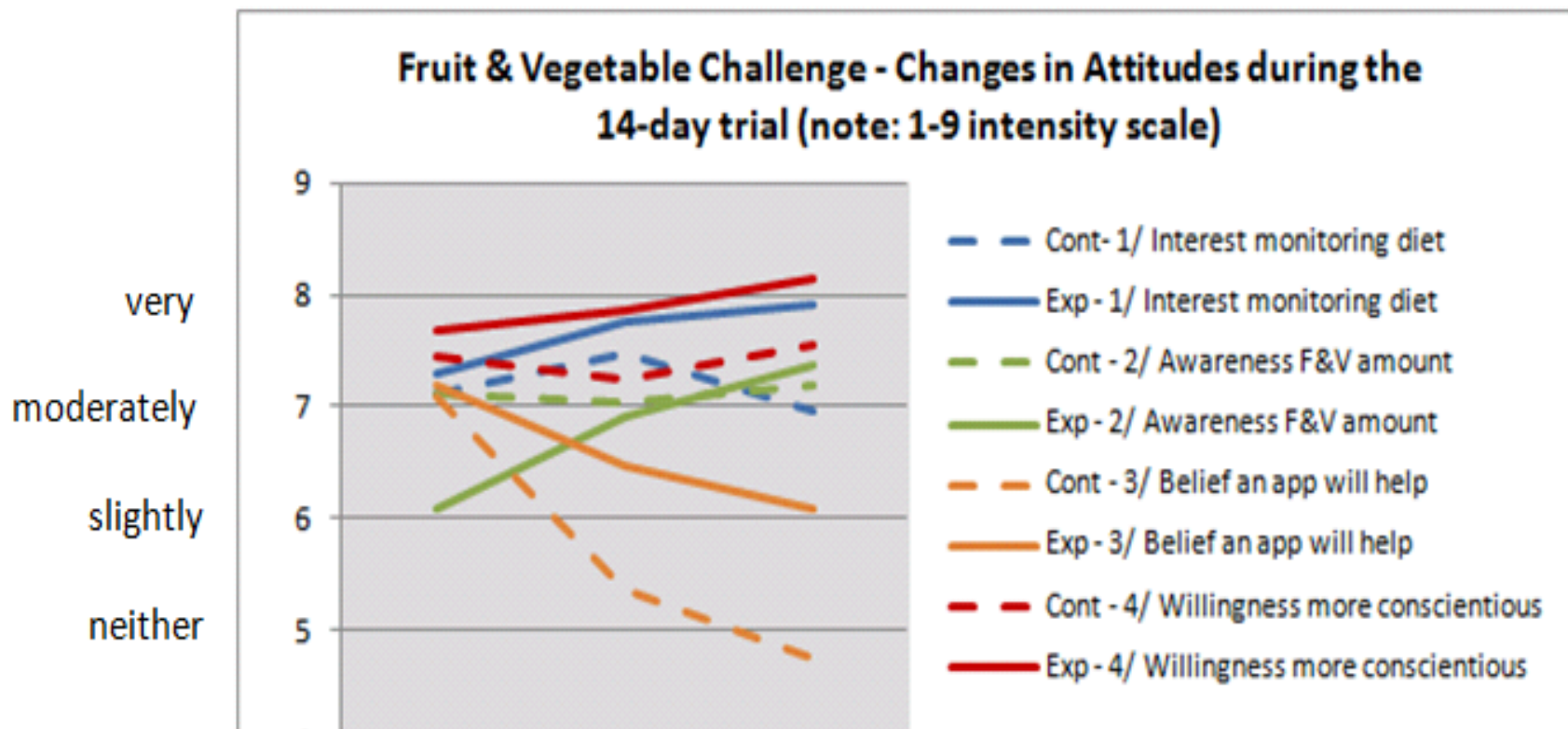


Fruit and Vegetable Challenge Results (Usage data)

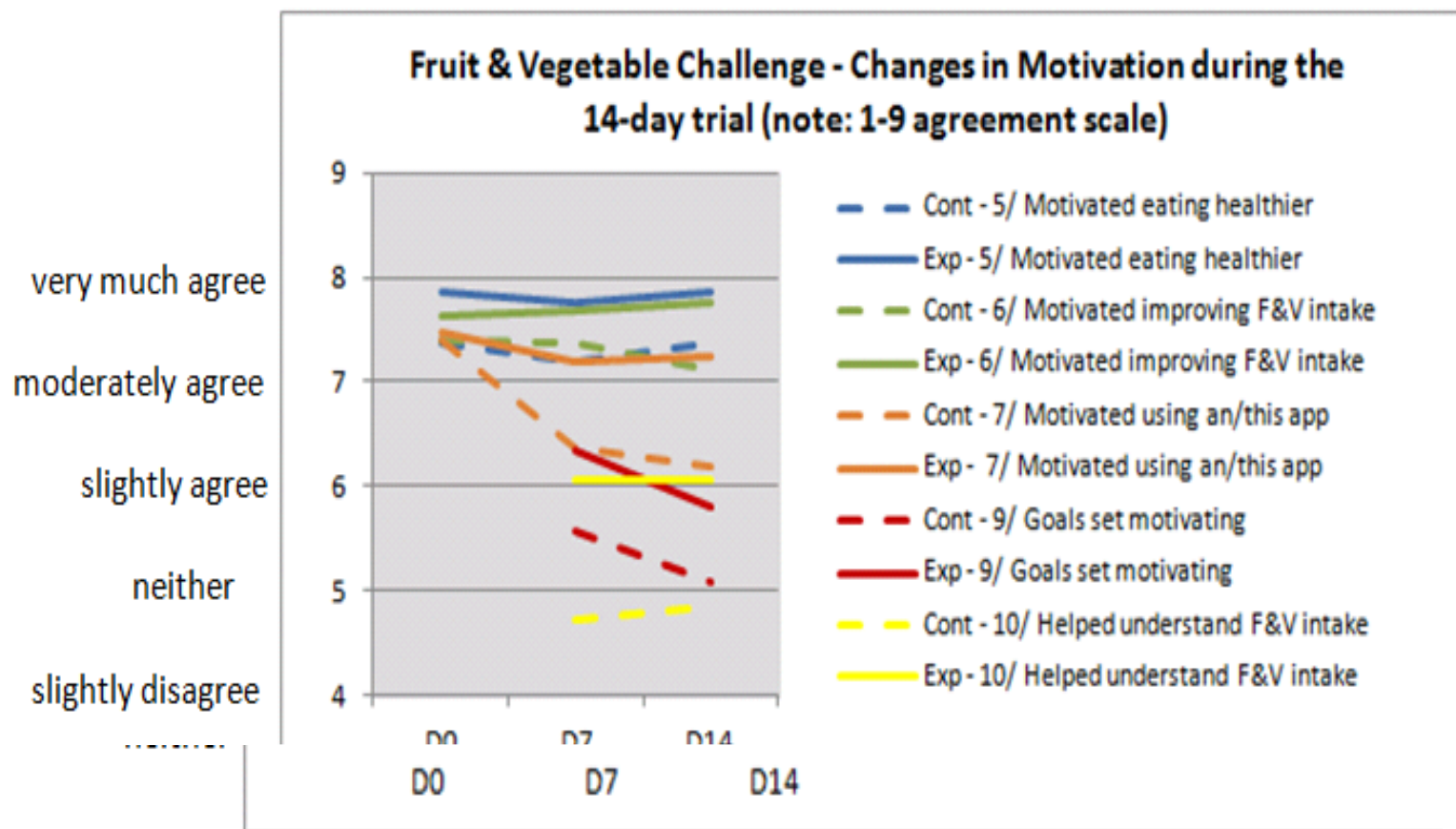
Fruit & Vegetable Challenge Element	Week 1		Week 2		<i>Time Differences (Week 2 – Week 1)</i>	
	No. of days where items were logged	No. of items logged per day	No. of days where items were logged	No. of items logged per day	<i>No. of days where items were logged</i>	<i>No. of items logged per day</i>
Experimental (E)	mean = 6.2 median = 7	mean = 2.4 median = 2	mean = 6.0 median = 6	mean = 2.9 median = 2	- 0.2 NS	+ 0.5 BS
Control (C)	mean = 6.3 median = 7	mean = 2.8 median = 2	mean = 5.9 median = 7	mean = 2.8 median = 2	- 0.4 NS	0.0 NS
Group Differences (E-C)	- 0.1 NS	- 0.4 NS	+ 0.1 NS	+ 0.1 NS	/	/



Fruit and Vegetable Challenge Results (Questionnaires)



Fruit and Vegetable Challenge Results (Questionnaires)

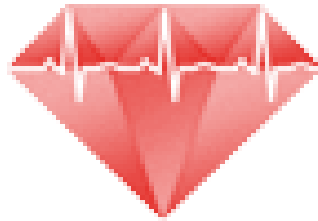


Conclusion

- Despite aspects of the apps usability being identified as could be improved, it did **increase interest, awareness and/or willingness** to improve what is consumed to some extent amongst users and its **motivational aspects had the ability to positively influence motivation and food/drink intake logging behaviour.**



Any questions?



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For more information, please visit:

www.thepreciousproject.eu

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