primary studies - published RCT

Web-Based Intervention for Nutritional Management in Cystic Fibrosis: Development, Usability, and Pilot Trial.

Code: PM26582520 **Year:** 2015 **Date:** 2015 **Author:** Stark LJ

Study design (if review, criteria of inclusion for studies)

RCT

Participants

10 mothers of children with CF ages 4-9 years.

Interventions

A web intervention (BeInCharge.org [BIC]) of behavior plus nutrition intervention. Randomization to the web-based BIC or a Standard Care Control (STC)..

Outcome measures

Change in weight gain for each group was compared in a pre- to-post design.

Main results

Mothers rated the usability and clarity of BIC highly. The pilot trial showed children of mothers who received BIC had a significant change in weight pre-to-post- treatment (0.67 kg, p = .04). Change for the STC was not significant (0.41 kg, p = .10).

Authors' conclusions

A web-based behavior plus nutrition intervention appears promising in increasing weight gain in children with CF.

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See also

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Keywords

non pharmacological intervention - diet; non pharmacological intervention - psyco-soc-edu-org; Nutrition Disorders; Behavioural interventions; training;