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primary studies - published RCT

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

**Code:** PM26582520

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**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.

<http://dx.doi.org/10.1093/jpepsy/jsv108>

### See also

J Pediatr Psychol. 2015 Nov 18. pii: jsv108.

### Keywords

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