TRIAL TO ENCOURAGE ADOPTION AND MAINTENANCE OF A MEDITERRANEAN DIET

Christina Erwin BSc (Hons) MPH
Professor Jayne Woodside
Dr Michelle McKinley
Successful in recruiting a population at high risk of CVD
- Mean age 57,
- 66% obese,
- 41.3% <12 years FT education
Atendence at group peer support meetings

- Attendance was recorded at each group meeting by peer supporters
- Decrease in attendance over time
  - Personal: illness, family illness, travelling, work commitments
  - Interpersonal factors: feeling let down by fellow group members
  - Intervention factors: reminder messages, change of location, not at regular intervals
PROCESS EVALUATION-FIDELITY & ACCEPTABILITY

- Fidelity was measured during observations at 3 months and 10 months.
- Fidelity to study protocol was high overall with variability between groups regarding measurements and goal setting.
- Acceptability was measured using semi-structured interviews post 12 months.

I found that it was a year of my life that has made a great big difference. I didn’t expect it to, I didn’t think I would stick it but I have done it and I’ve reaped the benefits. Even when I went for the blood test last week it was the best blood pressure I’ve ever had and a lot of things, I can honestly say, have improved since I went on that diet. *Group member*

I really enjoyed the sessions and [...] seeing how the group progressed and so I got a lot of personal satisfaction out of it that way. And also I think it was really interesting just learning more about the Mediterranean diet and it was a good reminder for me. I think it did help my diet over the course of the programme. *Peer supporter*
Need for social support between sessions

Enable increased attendance

High fidelity to protocol although variable between groups

High acceptability

Acknowledgements

TEAM-MED participants. Dr Claire McEvoy, Dr Sarah Moore, Mr Euan Paterson

Prof Jayne Woodside, Dr Michelle McKinley, Prof Frank Kee, Prof Chris Patterson, Prof Ian Young, Prof Margaret Cupples, Prof Julia Lawton, Prof Lindsay Prior, Prof David McCance, Dr Steven Hunter, Dr Katherine Appleton

Funder: National Prevention Research Initiative (http://www.npri.org.uk): Alzheimer’s Research Trust; Alzheimer’s Society; Biotechnology and Biological Sciences Research Council; British Heart Foundation; Cancer Research UK; Chief Scientist Office, Scottish Government Health Directorate; Department of Health; Diabetes UK; Economic and Social Research Council; Engineering and Physical Sciences Research Council; Health and Social Care Research and Development Division of the Public Health Agency (HSC R&D Division); Medical Research Council; The Stroke Association; Welsh Assembly Government; and World Cancer Research Fund.