“Say No”: a feasibility trial of a brief intervention to reduce instances of indulgent energy intake episodes

Research Team
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Results

Feasibility outcomes
• Follow-up rate = 80%
• Completion of questionnaires = 63%
• 87 text messages were sent

Change in indulgences
• Control group -4.1 (SD 10.0)
• Self-monitoring -13.8 (SD 16.8)
• Self-monitoring and feedback group -9.0 (SD 11.7)
Conclusions

1. People want to reduce their indulgences and a simple strategy appeared to be helpful.
2. Adding feedback and accountability did not seem to improve the intervention
3. A good result as the start of the Christmas period
4. Hill and colleagues have suggested that a 420 kJ reduction per day could prevent weight gain in most of the population. Here participants reduced by 1090 kJ.