

Considerations and lessons learned from designing a motivational interviewing obesity intervention for young people attending dental practices: A study protocol paper.

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Considerations and lessons learned from designing a motivational interviewing obesity intervention for young people attending dental practices: A study protocol paper.

Murphy M, Porter J, Yusuf H, Ntouva A, Newton T, Kolliakou A, Crawley H, Tsakos G, Pikhart H, Watt RG.

Source

UCL Research Department of Epidemiology and Public Health, University College London, 1-19 Torrington Place, London WC1E 6BT, UK.

Abstract

BACKGROUND:

With the prevalence of child obesity increasing worldwide, and the consumption of sugar-sweetened beverages identified as a major contributor to obesity in adolescents, there is a need for effective interventions aimed at dietary behaviour change in this group. Primary dental care settings are in an ideal position to influence adolescents' dietary behaviours, yet have been under-utilised for this purpose. Motivational Interviewing (MI) has shown promise in influencing other health behaviours. However, there is lack of published methodologies on which to base the design of such interventions, and limited evidence on its effectiveness in influencing dietary change. We undertook a study to test the feasibility of a MI intervention aimed at reducing soft drink consumption in adolescents attending dental surgeries. We present the study design for the development and evaluation of the intervention.

METHOD:

Ten dental practices in north London were randomised into control or intervention. Adolescent participants in control settings received routine advice and intervention participants received a brief MI intervention. The intervention was designed using comprehensive stakeholder engagement and consisted of 3-4 short MI sessions and a maintenance phase delivered by trained researchers through the use of age-specific resources. Process evaluation was carried out using qualitative and quantitative methods to assess intervention feasibility in a primary dental care setting.

DISCUSSION:

By focussing on the development and evaluation of the intervention, this paper contributes to the limited available knowledge and identifies methodological considerations for undertaking a MI intervention for dietary change in adolescents in primary dental care settings.

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KEYWORDS:

Adolescents, Motivational interviewing, Obesity, Primary dental care, Protocol, Soft drinks

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