The impact of self-efficacy and implementation intentions-based interventions on fruit and vegetable intake among adults.

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Résumé

This study tested the effect of interventions designed for people who do not eat yet the recommended daily fruit and vegetable intake (FVI) but have a positive intention to do so. Adults (N=163) aged 20-65 were randomised into four groups: implementation intentions (II group), self-efficacy (SE group), combination of II+SE group) and a control group receiving written information on nutrition. Study variables were measured at baseline, post-intervention and at 3-month follow-up. At follow-up, compared to the control group, FVI increased significantly in the II and II+SE groups (1.5 and 1.9 servings per day, respectively). Most psychosocial variables significantly increased compared to the control group, with the exception of SE for vegetable intake (VI). Moreover, at 3-month follow-up, change in FVI was mediated by changes in fruit intake (FI) intention and VI action planning. In conclusion, II interventions were efficient to increase FVI, with or without consideration for the development of SE. Thus, future studies should favour the adoption of this approach to bridge the intention-behaviour gap for FVI.

Mots-clés

Fruit, vegetables, health education, adult, moderation, mediation, implementation intentions

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