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Title:

Optimizing engagement in an online dietary intervention for depression (My food & mood version 3.0): Cohort study

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Table 1: My Food and Mood Versions 1.0, 2.1,2.2 & 3.0 Behaviour Change Techniques Summary

| Target Behaviour                    | Behaviour Change Techniques                                                                                         | Module Components/ Activities                                                                                                                                                                                   |                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                    |
|-------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                     |                                                                                                                     | V1.0                                                                                                                                                                                                            | V2.1                                                                                                                                                                                                                                                  | V2.2                                                                                                                                                                                                                                                 | V3.0                                                                                                                                                                                                               |
| Knowledge<br>Motivating<br>Change   | 5.1. Information about health consequences<br>5.6. Information about emotional consequences<br>9.1. Credible source | Module Content (Video)<br>Key Messages (PDF)<br>Review Quiz 1-6<br>Reinforcement activities                                                                                                                     | Module Content (Video)<br>Key Messages (PDF)<br>Review Quiz 1<br>Review Quiz 2                                                                                                                                                                        | Module Content (Video)<br>Key Messages (PDF)<br>Modules 1-8 Quiz<br>Modules 9-16 Quiz                                                                                                                                                                | Module Content (Video)<br>Key Messages (PDF)<br>Modules 1-8 Quiz<br>Modules 9-16 Quiz                                                                                                                              |
| Identify<br>Motivation to<br>change | 3.3 Social Support (emotional)                                                                                      | Motivation to Change (Quiz)<br>Health & Lifestyle Diet<br><br><i>Participants are given feedback about their level of motivation and directed to resources to increase motivation (if required)</i>             | Motivation to Change (Quiz)<br>Health & Lifestyle Diet<br><br><i>Participants are given feedback about their level of motivation and directed to resources to increase motivation (if required)</i>                                                   | Motivation to Change (Quiz)<br>Health & Lifestyle Diet<br><br><i>Participants are given feedback about their level of motivation and directed to resources to increase motivation (if required)</i>                                                  | Motivation to Change (Quiz)<br>Health & Lifestyle Diet<br><br><i>Participants are given feedback about their level of motivation and directed to resources to increase motivation (if required)</i>                |
| Commitment to<br>change             | 1.4 Problem Solving<br>1.9 Commitment                                                                               | Identifying barriers to change<br>Identifying SMART Goals                                                                                                                                                       | Identifying SMART Goals<br>Implementing strategies to achieve SMART goals                                                                                                                                                                             | Identifying SMART Goals<br>Implementing strategies to achieve SMART goals                                                                                                                                                                            | Implementing strategies to achieve SMART goals<br>Shopping Lists                                                                                                                                                   |
| Performing the<br>behaviour         | 6.1 Demonstration of the behaviour<br>9.1. Credible source                                                          | Module content (SMART Goals)<br>Recipes<br>Videos by Food & Mood Centre researchers                                                                                                                             | Module content (SMART Goals)<br>Recipes<br>Videos by Food & Mood Centre researchers                                                                                                                                                                   | Module content (SMART Goals)<br>Recipes<br>Videos by Food & Mood Centre researchers                                                                                                                                                                  | Module content (SMART Goals)<br>Recipes<br>Videos by Food & Mood Centre researchers<br>Shopping List Template                                                                                                      |
| Goal Setting                        | 1.1. Goal setting (behaviour)<br>10.4 Social Reward                                                                 | Modular Goal Setting activity<br><i>Guided template to set a SMART goal and prompts to complete it (All Modules)</i><br><br><i>Participants receive award in My Food &amp; Mood on completion of their goal</i> | Modular Goal setting activities<br><i>Participants guided through setting a weekly SMART goal and prompted to complete it (Modules 6, 7, 8, 9, 11, and 16)</i><br><i>Participants receive award in My Food &amp; Mood on completion of their goal</i> | Weekly Goal setting activities<br><i>Participants guided through setting a weekly SMART goal and prompted to complete it (Modules 6, 7, 8, 9, 11, and 16)</i><br><i>Participants receive award in My Food &amp; Mood on completion of their goal</i> | Weekly Goal setting activities<br><i>Guided template for SMART goal and notifications and prompts to complete them (Modules 6, 7, 8, 9, 11, and 16)</i><br><i>List of completed goals available under progress</i> |

| Target Behaviour                                                           | Behaviour Change Techniques                         | Module Components/ Activities                                                                                                     |                                                                                                                                                                                                                             |                                                                                                                                                                                                                             |                                                                                                                                   |
|----------------------------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
|                                                                            |                                                     | V1.0                                                                                                                              | V2.1                                                                                                                                                                                                                        | V2.2                                                                                                                                                                                                                        | V3.0                                                                                                                              |
| Monitoring diet quality                                                    | 2.3. Self-monitoring of behaviour                   | Daily Food Data Entry (Daily input)<br><i>Participants are given feedback progress toward the best score over a 7 day period.</i> | ModiMed Diet Scoring Activity (Daily input)<br><i>Participants are given feedback progress toward the best score over a 7 day period.</i>                                                                                   | ModiMed Diet Scoring Activity (Daily input)<br><i>Participants are given feedback progress toward the best score over a 7 day period.</i>                                                                                   | Daily Food Data Entry (Daily input)<br><i>Participants are given feedback progress toward the best score over a 7 day period.</i> |
| Knowledge<br>Modelling the Behaviour<br>Re-framing<br>Motivating<br>Change | 10.5 Social Incentive<br>2.2. Feedback on behaviour | Self-monitoring of diet and mood produces graph to encourage identification of patterns                                           | Self-monitoring of diet results in daily score showing Mediterranean Diet adherence<br><br>Rewards are achieved based on goal setting and goal completion.<br>Points are also awarded based on progress through the program | Self-monitoring of diet results in daily score showing Mediterranean Diet adherence<br><br>Rewards are achieved based on goal setting and goal completion.<br>Points are also awarded based on progress through the program | Self-monitoring of diet results in daily heatmap showing progress with Mediterranean Diet adherence                               |