

Qualitative Components

1. Quality of Item Description

- 1 = e.g. sandwich
- 2 = e.g. ham sandwich
- 3 = e.g. multigrain ham sandwich
- 4 = e.g. multigrain ham sandwich with butter

2. Quality of Quantity Description

3. Correctness of Food Group Classification

4. Accuracy of Daily Food Group Tally

Results

Treatment Outcomes

Of the 55 participants, 42 (76%) completed the intervention
30 (71%) reduced percentage body fat (Losers)
12 (29%) increased percentage body fat (Gainers)

Variability in Self-Monitoring

90% monitored on at least 50% of treatment days

Correlations

No correlations between self-monitoring components and change in percent body fat

Results

Group Analyses: Losers and Gainers

Losers recorded:

Food Group Classification more frequently
<.01
(Quantity)

Food Group Classification more correctly
<.01
(Quality)

More food and drinks items
<.05

Results

Group Analyses: Losers and Gainers

Completeness on the Days Monitored

Losers recorded more completely:

Food Group Classification (Quantity) <.01

Hunger Ratings Before Consumption (Quantity)
<.01

Correctly Classified Food Groups (Quality)
<.01

Speed of Eating (Quantity)
<.05

Reason for Eating (Quantity) <.05

Hunger Rating After Consumption (Quantity) <.05

Quality of Item Descriptions (Quality) <.05

Results

Group Analyses: Completers and Dropouts

Completers recorded in Session 2:

Quantity of food consumed more frequently <.01
(Quantity)

Quantity of food consumed in greater detail <.05
(Quality)

Reason for eating more frequently
<.05
(Quantity)

Conclusions

Self-monitoring compliance rates were high

The number of items recorded and number of days monitored did not differentiate Losers and Gainers

Classifying items into food groups may be important

Antecedents and consequences of consumption, and physical activity may not be important to record

The findings tentatively support the self-regulation

Conclusions

Participants who demonstrate low compliance may benefit from monitoring more completely on fewer days, than monitoring less completely on more days

Dropout may be predicted early in treatment by self-monitoring, especially by the quantity of items

The findings support the general homework literature that quality of self-monitoring is important

One limitation of this study is that longer term

Questions

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