Making Scientific Information Usable:
Development and Assessment of a Novel Intervention to Boost Healthy Lifestyle Decision-Making

Laura J Weishan and Olivia G Wiese
Diet Modification and Whole Grains

Significance
Dietary Intake Compared to Recommendations

Significance

Snetselaar et al., 2021
Behavior Change Wheel Model of Intervention

Significance
Study Design

Recruitment -> Sample -> Randomization

Survey
1) Perceived importance
2) Confidence
3) Motivation

Video 1: Whole grain understanding, understanding of susceptibility and severity, and understanding of benefits
N = 35

Survey
1) Whole-grain video qualitative assessment
2) Whole-grain gist understanding
3) Gist understanding of benefits
4) Gist understanding of susceptibility and severity

Video 2: Habit understanding
N = 44

Survey
1) Habit video qualitative assessment
2) Habit gist understanding

Survey
1) Perceived importance
2) Confidence
3) Motivation
4) Qualitative usability assessment
5) Information usability
6) Demographics

Analysis
1) Mixed model ANOVAs
2) T-test
3) Cohens D
4) Correlations
5) Thematic analysis
Video Intervention
Predictions

1. Provide preliminary evidence on the effectiveness, enjoyment, and efficiency of the intervention

   a. **Hypothesis 1.** *The WG video intervention will increase the perceived importance of whole grain intake compared to the habit video intervention.*

   b. **Hypothesis 2.** *The WG video intervention will increase confidence in the perceived importance of whole grain intake compared to the habit video intervention.*

   c. **Hypothesis 3.** *Compared to the habit video intervention, the WG video intervention will increase motivation to consume whole grains.*

2. Results will reveal changes that would make the intervention more usable
Likes

Factors that Contribute to Liking the Habit Intervention

Factors that Contribute to Liking the WG Intervention

Dislikes

Factors that Contribute to Disliking the Habit Intervention

Factors that Contribute to Disliking the WG Intervention
Future Direction

**Enjoyable**
- Develop an engaging and aesthetically pleasing intervention

**Efficient**
- Have the public view brief videos in their own time

**Effective**
- Increase healthy habits over time
Resources


