

# Using technology to promote self-efficacy for healthy eating in adolescents.

Study from US (2004)

**Objective:** To test the effects of a classroom and World Wide Web educational intervention on self-efficacy (SE) for healthy eating and to examine the relationship of the theoretical concepts in a hypothesized model of eating behaviors in adolescents.

**Participants:** Junior high students

**Method:** Experimental and control group comparison. Intervention group received a combination of five hours of Web-based instruction and ten hours of classroom curriculum, compared to nutrition education embedded in the standard school curriculum in a one month period.

**Results:** Intervention group had significantly higher scores for SE for fruits and vegetables, lower fat, usual food choices, and dietary knowledge of fat compared to control. However, no difference was found in food consumption.

**Source:** Long JD, Stevens KR. Using technology to promote self-efficacy for healthy eating in adolescents. J Nurs Scholarsh 2004;36(2):134-139.

