Computer-assisted dieting: effects of a randomized nutrition intervention.

OBJECTIVES: To compare the effects of a computer-assisted dieting intervention (CAD) with and without self-management training on dieting among 55 overweight and obese adults.

METHODS: Random assignment to a single-session nutrition intervention (CAD-only) or a combined CAD plus self-management group intervention (CAD+G). Dependent variables were the number of servings from various food groups and macronutrients related to body weight.

RESULTS: Both intervention groups reduced the consumption of energy, fat, and carbohydrates. Relative to CAD-only, the CAD+G condition was more successful in reducing fat intake, increasing vegetable consumption, and maintaining fruit intake.

CONCLUSIONS: Effects of computer-assisted self-monitoring can be augmented through self-management training.