Plan Overview

A Data Management Plan created using DMPTool-Stage

DMP ID: https://doi.org/10.48321/D1PP5Z

Title: Mobile regulation of craving training (mROC-T) to improve dietary intake in rural adolescent girls year long

Creator: Grace Shearrer - **ORCID:** 0000-0002-0450-4404

Affiliation: University of Wyoming (uwyo.edu)

Funder: American Diabetes Association (diabetes.org)

Funding opportunity number: Nutrition and Diabetes Junior Faculty Award

Grant: professional.diabetes.org/grants

Template: NIH-GEN: Generic (Current until 2023)

Project abstract:

The long-term objective of the present proposal is to improve the quality of dietary intake, measured with the healthy eating index, of rural Wyoming adolescent girls through a mobile phone regulation of craving training (mROC-T). Improving adolescent girls' diets has the potential to prevent insulin resistance in the near future and break intergenerational type 2 diabetes (T2D). Using social justice (rather than simple healthy/unhealthy) messaging with the regulation of craving training builds on two previously successful interventions, and therefore we hypothesize will improve adolescent girls' dietary intake. We aim to first, develop a mROC-T application specifically for adolescent girls, second to evaluate the impact of mROC-T on dietary intake, and third evaluate the effect of mROC-T on body composition and glycemia over 1-year. Rural communities are understudied and lack interventions tailored to a rural lifestyle. The present intervention combines the previously successful ROC-T cognitive behavioral therapy, adolescent targeted social justice messaging, and is suitable for rural and non-communities. Thus, the present proposal could scale up to larger communities and may produce a mobile phone application that is immediately ready for wide use.

Start date: 06-30-2022

End date: 06-29-2025

Last modified: 08-07-2023

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We will share our data 6-months after the publication of our main effects paper. The research products will be available immediately after the end of the intervention.

Data will be shared on my (Dr. Shearrer's) Open Science Framework project for this study. The preregistration, post-print, and code (through GitHub) will also be available. The data itself with be tracked using DataLad for data version control.

6 months after the first publication

Open Science Framework, GitHub, and DataLad

Yes, a short data sharing agreement will be required for our documentation of where the data is being used and for what purpose

A data dictionary. Cleaning code.

Data will be stored as csv files, the combined dataset will also be stored as a .RData file for ease of analysis through R

A code book will be developed at the onset.

Potentially but not at this time

Planned Research Outputs

Dataset - "mROC-T behavioral data"

User ID

Date

Food craving questionnaire

Dataset - "mROC-T app data"

User ID

Dates accessed

What condition was shown (intervention group)

What food images were shown

What essays were shown

Time spent looking at each image

Time spent looking at the craving rating screen

Craving rating

Dataset - "mROC-T biospecimens "

User ID

Date

HbA1c

Glucose at fasting, 1hr, 2hr

Insulin at fasting, 1hr, 2hr

Dataset - "mROC-T anthropometric "

User ID

Date

Height (cm, triplicate)

Weight (kg, triplicate)

Waist circumference (cm, triplicate)

Puberal development score

Dataset - "mROC-T diet"

This will be the standard output from the ASA-24

Planned research output details

Title	Type	Anticipated release date	Initial access level	Intended repository(ies)	Anticipated file size	License	Metadata standard(s)	May contain sensitive data?	May contain PII?
mROC-T behavioral data	Dataset	Unspecified	Restricted	None specified		None specified	None specified	No	No
mROC-T app data	Dataset	Unspecified	Restricted	None specified		None specified	None specified	No	No
mROC-T biospecimens	Dataset	Unspecified	Restricted	None specified		None specified	None specified	No	No
mROC-T anthropometric	Dataset	Unspecified	Restricted	None specified		None specified	None specified	Yes	No
mROC-T diet	Dataset	Unspecified	Restricted	None specified		None specified	None specified	Yes	Yes