

# Evaluation of appetite measure visual analogue scales in home-setting: VASA-home

## Introduction/Background

Dietary trials aiming to measure appetite and satiety have certain methodological challenges with resource-intensive assessments and large individual variation (1). Commonly used methods for appetite assessment include extended periods of time in a clinic, where participants fill in ratings on a visual analogue scale (VAS) and consume all their meals. This method is highly resource demanding regarding study personal and facilities and challenging for study participants. This is problematic as appetite and satiety is identified as one of the most predominant factors for weight gain (2)(3). In this trial we aim to validate VAS in appetite assessment in the home setting.

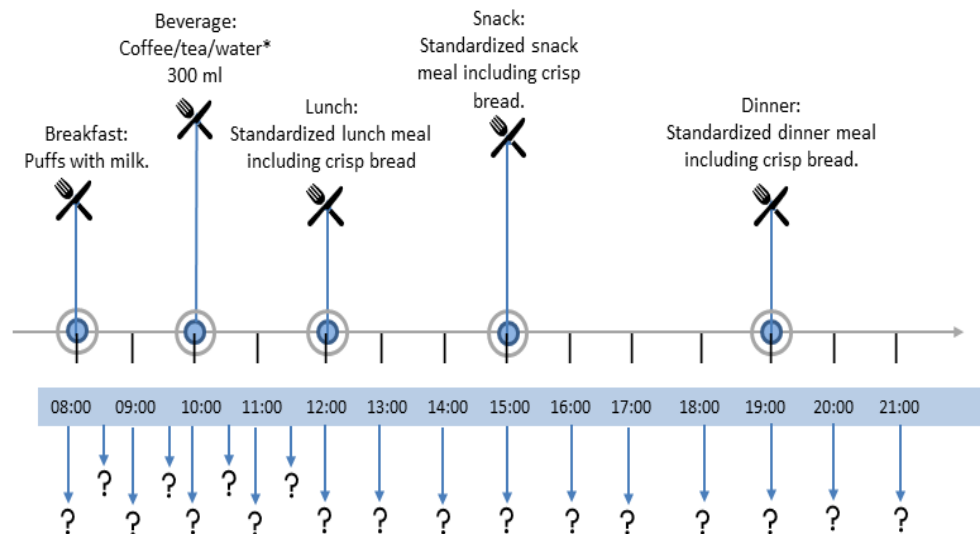
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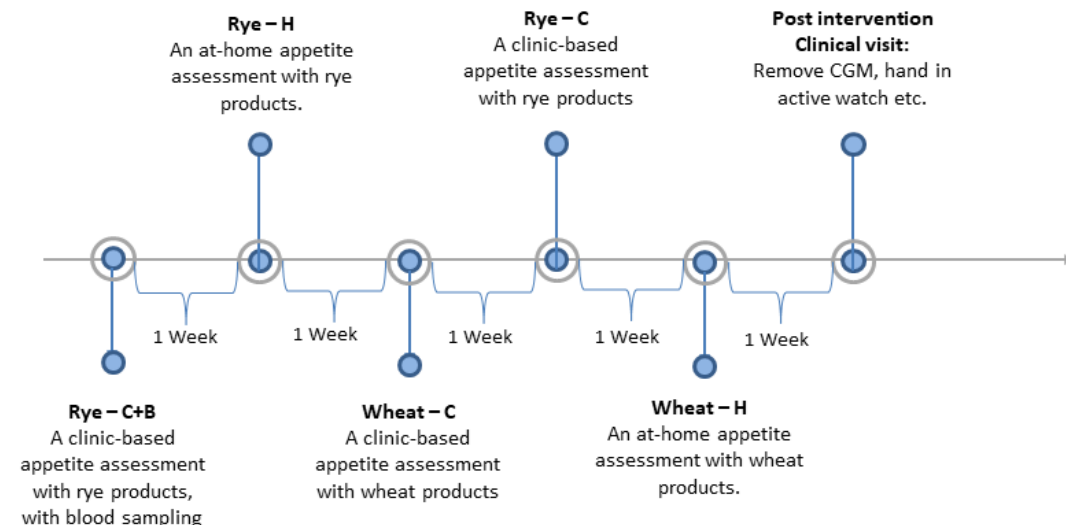
## Expected outcomes

- Additions outcomes
- Investigate differences in appetite response between rye- and wheat-based diets.
- - Compare the postprandial response of glucose, insulin and selected appetite regulating hormones, following rye-based diet.
- - Investigate if subjective appetite is affected by venous blood collecting done in parallel with the appetite assessment

Participants continuously answered questions about their appetite every 30 minutes from 8:00 to 12:00 and every 60 minutes from 13:00 to 21:00.



In the figure below the flow of participants is shown and on the left 5 different intervention days illustrated, where both location and diet is different for every occasion.



**Acknowledgements**  
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**References**  
1. Gibbons C. 2019  
2. Forde CG. 2015  
3. Dalton M. 2013

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