

Chocolate Clinical Trial

Results

98 Trust staff took part in the study and completed questionnaires.

Age

The average age was 42. The youngest person was 18 and the oldest 64.

Gender

80 women and 18 men took part.

Divisions

Surgery, Women & Children's = 28

Medical and Acute = 26

Diagnostics and Clinical Support = 23

Corporate = 20

(1 form question not answered).

Arm Randomised to:

Milk Chocolate = 43

White Chocolate = 55

Question 1 – After eating the chocolate how do you rate this experience improved your wellbeing?

- Greatly improved my wellbeing = 26
- Slightly improved my wellbeing = 40
- Neither improved nor decreased my wellbeing = 29
- Slightly decreased my wellbeing = 2
- Greatly decreased my wellbeing = 1

Question 2 – After taking part in the Chocolate Clinical Trial do you feel that your understanding of clinical trials has increased?

- Greatly increased my understanding of clinical trials = 36
- Slightly increased my understanding of clinical trials = 32
- Neither increased nor decreased my understanding of clinical trials = 30
- Slightly decreased my understanding of clinical trials = 0
- Greatly decreased my understanding of clinical trials = 0

Summary

- 66% of staff felt that after eating the chocolate their wellbeing either greatly or slightly improved.
- 3% of staff felt that after eating the chocolate their wellbeing either greatly or slightly decreased. All of these participants were randomised to the white chocolate arm.

- 68% of staff felt that after taking part in the chocolate clinical trial their understanding of clinical trials either greatly or slightly increased.
- Of the 26 staff who reported that their wellbeing greatly increased after eating the chocolate 69% also reported that their understanding of clinical trials increased.
- Of the 29 staff who reported that their wellbeing neither improved nor decreased after eating the chocolate only 7% reported that their understanding of clinical trials increased and 59% reported that their understanding of clinical trials neither increased nor decreased.

The greater the feeling of wellbeing after eating the chocolate the greater was the increase in understanding of clinical trials.

