

Evidence has shown that the perception of loneliness and depressive symptoms are associated with physical inactivity in patients with type 2 diabetes mellitus, however these studies have not been conducted with the Chilean population.

Purpose: The aims of this study were to determine whether the perception of loneliness was associated with physical activity directly, and indirectly through depressive symptoms, and whether physical activity predicted HbA1c in Chilean adults with type 2 diabetes.

Method: Two hundred adults with type 2 diabetes ($M = 62$) were recruited from the Chilean Diabetes Association. Participants completed self-report instruments, and a blood test was performed to measure HbA1c.

Results: Structural equation analysis identified that perceived loneliness was associated with greater depressive symptoms ($\beta = .714$, $p < .01$), and this with less physical activity ($\beta = -.249$, $p = .047$). Physical activity was associated with lower HbA1c ($\beta = -.214$, $p = .001$), and the association between perceived loneliness and exercise was mediated by depressive symptoms ($\beta = -.177$, $p = .041$).

Conclusion: The findings of this study provide local evidence on the role that the perception of loneliness and depressive symptoms have on the practice of physical activity of patients with type 2 diabetes

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Development of an Intervention Method to Prevent Workplace Isolation and Loneliness Using Appreciative Inquiry: A Pre- and Post-Comparison Study

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Background: With growing societal interest in social isolation and loneliness, we conducted a study supported by RISTEX under the theme, "Creating Vibrant and Connected Workplaces: Social Implementation of Inclusive Organizations to Prevent Isolation and Loneliness" (JPMJRS22K1). This study reports on a trial intervention using Appreciative Inquiry (AI) to address isolation and loneliness in the workplace.

Methods: In June 2023, themes were established with managerial staff. From July to August 2023, three two-hour workshops were conducted for all 25 members of Department B at Company A using AI methodology. Of the 26 eligible participants, 25 attended. A follow-up session was held in December. Surveys were conducted before the first session, after the third session, and after the follow-up. Items included demographics, UCLA Loneliness Scale, K6 psychological stress, work engagement, social capital, and support from supervisors and coworkers. In the final session, participants assessed changes in their workplace.

Results: No statistically significant differences were found in survey data across the three points. However, among 23 participants in the final session, 1 reported "very positive change," 14 "positive change," 6 "slightly positive change," 1 "no change," and 1 "slightly negative change."

Conclusion: Although no measurable effects were observed, participant feedback indicated perceived workplace improvements. This

suggests potential for AI as an intervention method. Future efforts will focus on refining the program and enhancing evaluation methods to better capture its effects.

OP06 - Oral Presentations 06: Let Them Eat Cake: Novel Approaches to Diet, Nutrition, and Weight Loss, August 7, 2025, 11:45 AM - 1:15 PM

Behavioural and Cognitive Changes in Young Adults Towards Food and Nutrition After Exposure to Digital Food Communication: Mixed-methods Systematic Review

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Background: Young adults (18–25) face significant risk for weight gain, and transitioning to a higher body mass index category when compared to other adult groups. As active internet users, they encounter food-related content across digital platforms, yet little is known about their behavioural and cognitive responses to this compound exposure.

Purpose: This mixed-methods systematic review evaluates how exposure to digital food communication influences young people's behavioural and cognitive responses to food and nutrition.

Method: We evaluate consumption and food purchase as behavioural responses; intentions to consume and/or purchase, and attitudes towards food and nutrition as cognitive responses. We used a three-pronged method for analysis. Meta-analyses combined findings from randomised trials for behavioural and cognitive responses, while observational studies were summarised narratively. The thematic synthesis approach informed qualitative synthesis, and a cross-study matrix was used to synthesise qualitative themes and quantitative findings.

Results: Of the 6132 studies identified, 47 are included in the systematic review, representing 9741 young adults in 17 countries. Our meta-analyses show positive relationships between exposure and behavioural and cognitive responses. Difficulty deciphering what represents good nutrition, critical distinctions when engaging with content viewed as helpful vs misleading and balancing intentions vs actual behaviours were barriers to the effectiveness of digital food communication. Using a cross-study synthesis matrix, we developed ten recommendations to improve digital dietary interventions and assessed their implementation by experimental studies in the review.

Conclusion: Our results illustrate the need to approach digital food communication as a digital determinant of dietary health for young adults, shaping behaviours and cognition.

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Increasing Fruit and Vegetable Consumption in Young Children: a Cochrane Living Systematic Review

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