

Press Release

MEDIET4ALL – WP1 Progress Report Advancing Mediterranean Lifestyle Research

Mainz, Germany – December 2025

The Johannes Gutenberg University Mainz (JGU) team reports significant progress in Work Package 1 (WP1) of the MEDIET4ALL project, which aims to understand and promote adherence to the Mediterranean diet and lifestyle across diverse populations.

JGU's Role in MEDIET4ALL

JGU leads the collaborative research efforts in MEDIET4ALL, leveraging its expertise in movement science, nutrition, psychology, and sociology, along with experience in multicentre lifestyle and health studies. The team's mission is to generate robust, comparable evidence on public understanding of the Mediterranean diet, identify key adherence determinants, and test innovative solutions, particularly the MEDIET4ALL Smart Coach, to improve MedLifestyle adherence and users' physical and mental health.

Objectives and Scope of WP1

WP1 focuses on two core objectives:

1. Understanding current behaviour and adherence

- Analyse consumer behaviour and perceptions of the Mediterranean diet.
- Assess initial adherence rates.
- Investigate sociodemographic, economic, and cultural determinants through a large multicentre electronic survey.

2. Testing innovative MEDIET4ALL solutions

- Conduct bi-centre interventional case studies to evaluate the acceptability and efficacy of MEDIET4ALL approaches.
- Test the Smart Coach mobile application and e-platform in promoting MedLifestyle adherence and improving physical and mental health outcomes.

Progress and Key Achievements

At the halfway point of WP1, major accomplishments include:

- Design and implementation of a multilingual electronic survey across eight countries, using the SoSci Survey platform compliant with German and EU data protection regulations.
- Translation and adaptation into six languages (English, German, French, Arabic, Spanish, Italian) to include all age and sex groups.
- Definition of a comprehensive statistical framework, including sample size and power analysis (~4,000 participants), and ethics-aligned procedures.
- Completion of data collection, cleaning, and analysis.

Scientific Outputs

The WP1 survey has already generated five peer-reviewed publications in high-impact international journals, demonstrating the value of the collaborative dataset:

- Boujelbane MA, Ammar A, et al. *Frontiers in Public Health* (2025). Regional variations in Mediterranean diet adherence: a sociodemographic and lifestyle analysis across Mediterranean and non-Mediterranean regions within the MEDIET4ALL project.
- Ammar A, Boujelbane MA, et al. *Nutrients* (2025). Exploring Determinants of Mediterranean Lifestyle Adherence: Findings from the Multinational MEDIET4ALL e-Survey.

Full references are available on the MEDIET4ALL website.

Mobile Application Development and Ethics Approvals

Although led by WP5, JGU contributed to the co-development of the Smart Coach app, particularly in designing tailored intervention scenarios and the decision support system. Ethical approval has been obtained from JGU's ethics committee and submitted in Tunisia. The 12-week bi-centre intervention is scheduled for January–April 2026.

Challenges and Solutions

WP1 navigated methodological, linguistic, ethical, and technical challenges:

- Harmonising survey instruments across eight culturally diverse countries.
- Ensuring GDPR compliance and aligning with varied ethics timelines.
- Addressing survey platform limitations by engaging a subcontractor to support recruitment.

Early Successes

- A fully operational, multilingual survey providing a harmonised picture of MedLifestyle adherence.
- Guidelines derived from survey and literature findings informing recipe design, educational tools, and digital coaching content.
- A functional Smart Coach prototype ready for intervention testing.

Impact on Target Audiences

- Survey insights clarify adherence levels, barriers, and facilitators, enabling better targeting of interventions.
- The forthcoming intervention aims to improve MedLifestyle adherence, physical activity, sleep quality, social inclusion, mental well-being, and reduce BMI among participants.

Consortium Collaboration and Key Takeaways

Close coordination among universities, clinical and community partners, technology developers, and stakeholders across eight countries has been critical. Lessons highlight the value of early shared methodology, co-design, anticipation of ethical and data protection issues, and regular communication.

Next Steps

- Continue in-depth survey data analysis and dissemination.
- Finalise and share best-practice guidelines.
- Launch the 12-week multicentre intervention, recruit families, deliver MedLifestyle scenarios via the Smart Coach app, collect outcomes, and refine tools based on user feedback.

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