# An intervention to decrease sedentary behaviour in young adults at risk of type 2 diabetes: project STAND (sedentary time and diabetes)

Submission date	<b>Recruitment status</b> No longer recruiting	<ul><li>Prospectively registered</li></ul>		
22/02/2011		[X] Protocol		
Registration date	Overall study status	Statistical analysis plan		
22/02/2011	Completed	[X] Results		
Last Edited	Condition category	Individual participant data		
20/10/2017	Nutritional, Metabolic, Endocrine			

# Plain English summary of protocol

Not provided at time of registration

# Contact information

# Type(s)

Scientific

#### Contact name

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#### Contact details

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# Additional identifiers

**EudraCT/CTIS** number

**IRAS** number

ClinicalTrials.gov number

Secondary identifying numbers

# Study information

#### Scientific Title

An intervention to decrease sedentary behaviour in young adults at risk of type 2 diabetes: project STAND (sedentary time and diabetes)

#### Acronym

DRN 465 (STAND)

#### **Study objectives**

An intervention to decrease sedentary behaviour in young adults at risk of Type 2 Diabetes Mellitus

#### Ethics approval required

Old ethics approval format

#### Ethics approval(s)

10/H0403/13; First MREC approval date 07/05/2010

#### Study design

Randomised interventional process of care

#### Primary study design

Interventional

#### Secondary study design

Randomised controlled trial

#### Study setting(s)

Hospital

#### Study type(s)

Treatment

#### Participant information sheet

Not available in web format, please use the contact details to request a patient information sheet

# Health condition(s) or problem(s) studied

Topic: Diabetes Research Network, Primary Care Research Network for England; Subtopic: Type 2, Not Assigned; Disease: All Diseases, Education

#### **Interventions**

Structured education, based on the PREPARE and DESMOND programmes, with the aim of reducing sedentary behaviour. The structured education programme will incorporate movement technology to facilitate participant feedback and self-monitoring.

#### Intervention Type

#### **Behavioural**

#### Primary outcome measure

Reduced sedentary behaviour measured by an accelerometer at 12 months

#### Secondary outcome measures

Not provided at the time of registration

# Overall study start date

17/11/2010

#### Completion date

28/02/2013

# Eligibility

#### Key inclusion criteria

- 1. Age 18-40 years with a BMI >30 (>27.5 for South Asian participants) or age 18-40 years with a BMI >25 (>23 for South Asian participants) plus one additional risk factor:
- 2.1. Family history of diabetes or cardiovascular disease (in a first degree relative)
- 2.2. Previous gestational diabetes
- 2.3. Polycystic ovarian syndrome
- 2.4. HbA1c >5.8% or previous impaired glucose regulation

#### Participant type(s)

Patient

#### Age group

Adult

#### Lower age limit

18 Years

#### Upper age limit

40 Years

#### Sex

Both

#### Target number of participants

Planned Sample Size: 178; UK Sample Size: 178;

#### Key exclusion criteria

- 1. Physical condition which limits full participation in the study
- 2. Active psychotic illness or an significant illness which, in the view of the investigators, would prevent full participation
- 3. Steroid use
- 4. Inability to communicate in verbal and written English
- 5. Diabetes

#### Date of first enrolment

17/11/2010

#### Date of final enrolment

28/02/2013

# Locations

#### Countries of recruitment

England

**United Kingdom** 

## Study participating centre Leicester Royal Infirmary

Infirmary Square Leicester United Kingdom LE1 5WW

# Sponsor information

#### Organisation

University Hospitals of Leicester NHS Trust (UK)

# Sponsor details

Diabetes Research Level 1 - Victoria, Leicester Royal Infirmary , Infirmary Square Leicester England United Kingdom LE1 5WW

#### Sponsor type

University/education

#### Website

http://www.uhl-tr.nhs.uk/

#### **ROR**

https://ror.org/02fha3693

# Funder(s)

## Funder type

Research council

#### **Funder Name**

Medical Research Council (UK)

## Alternative Name(s)

Medical Research Council (United Kingdom), UK Medical Research Council, MRC

#### **Funding Body Type**

Government organisation

#### **Funding Body Subtype**

National government

#### Location

**United Kingdom** 

# **Results and Publications**

# Publication and dissemination plan

Not provided at time of registration

# Intention to publish date

Individual participant data (IPD) sharing plan

#### IPD sharing plan summary

Not provided at time of registration

## **Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<u>Protocol article</u>	protocol	08/12/2011		Yes	No
Results article	results	01/05/2013		Yes	No
Results article	results	01/12/2015		Yes	No
Other publications	process evaluation	14/01/2017		Yes	No