

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

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
22/02/2011	No longer recruiting	<input checked="" type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
22/02/2011	Completed	<input checked="" type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> 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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Additional identifiers

Protocol serial number

8347

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

Study type(s)

Treatment

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(s)

Reduced sedentary behaviour measured by an accelerometer at 12 months

Key secondary outcome(s)

Not provided at the time of registration

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

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Upper age limit

40 years

Sex

All

Key exclusion criteria

1. Physical condition which limits full participation in the study
2. Active psychotic illness or a 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

United Kingdom

England

Study participating centre

Leicester Royal Infirmary

Infirmary Square
Leicester
United Kingdom
LE1 5WW

Sponsor information

Organisation

University Hospitals of Leicester NHS Trust (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

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?
Results article	results	01/05/2013		Yes	No
Results article	results	01/12/2015		Yes	No
Protocol article	protocol	08/12/2011		Yes	No
Other publications	process evaluation	14/01/2017		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes