

Developing dimensions for a multicomponent multidisciplinary approach to obesity management

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		<input type="checkbox"/> Protocol
Registration date 14/11/2016	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
Last Edited 14/11/2016	Condition category Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

The term 'obese' describes a person who's very overweight, with a lot of body fat. Researchers believe that the complexity of obesity is one of the reasons it has been difficult to treat. To address the complex nature of obesity there have been suggestions for multicomponent and multidisciplinary approaches to obesity management. However, there has not been clear agreement on what components and disciplines to include in a multicomponent multidisciplinary approach. Furthermore, many approaches are often developed by researchers, and not by the practitioners treating obesity, or other people associated with obesity management including the actual patients. Subsequently, the aim of this study is to ask a range of people, including researchers, policy makers, educators and practitioners in obesity management and their patients, what they believe should be included in a multicomponent, multidisciplinary approach to obesity management.

Who can participate?

A dietitian, two obese patients, a general practitioner, a counselling psychologist, a social worker, a research psychologist, a naturopath, an endocrinologist, a health epidemiologist and behavioral biologist, a team leader of a community-based health promotion team, two community health nurses, an exercise scientist, and a medical educationalist

What does the study involve?

Information was collected from a series of long, in-depth interviews with the participants, and by observing practitioners working in obesity and their adult patients in a wide variety of settings. This information was then collated along with information from journal articles and books into a software program to sort and group the information.

What are the possible benefits and risks of participating?

Participants may benefit from having a platform to explore their concerns and understanding of the management of overweight and obesity and factors contributing to it and how they could manage it. There are no risks beyond normal day-to-day living associated with their participation in this study. However, it is acknowledged that some people could be sensitive about their

weight and their inability to lose it and may become upset while discussing their weight-related issues. Similarly, some practitioners may experience discomfort when discussing instances when they have not met the expectations of their clients.

Where is the study run from?

Queensland University of Technology (Australia)

When is the study starting and how long is it expected to run for?

January 2010 to November 2013

Who is funding the study?

Queensland University of Technology (Australia)

Who is the main contact?

1. Dr Anita Cochrane

2. Prof. Neil King

Contact information

Type(s)

Scientific

Contact name

Dr Anita Cochrane

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4170

Additional identifiers

Protocol serial number

1000000514

Study information

Scientific Title

Can the recommendations of stakeholders involved in obesity management be used to operationalise a multicomponent multidisciplinary approach to obesity management in adults that addresses the limitations of linear cause and effect approaches for a condition that is regarded as complex and multisystem?

Study objectives

The development of effective and sustainable nonsurgical treatment strategies for obesity has progressed slowly. There have been consistent recommendations for multicomponent and

multidisciplinary (MCMD) approaches to address the complexity of obesity. However, there is no clear agreement on the components or disciplines to be considered within MCMD approaches or how they can be best applied in practice.

Study aim: to explore MCMD approaches through an examination of knowledge, skills, beliefs, and recommendations of stakeholders involved in obesity management.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Queensland University of Technology (QUT) Human Ethics Research Committee, 22/07/2010, ref: 1000000514

Study design

Qualitative action research study

Primary study design

Observational

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Obesity

Interventions

1. Convergent interviewing was the main source of data. To achieve a representative sample with maximum diversity to interview, a stakeholder analysis process was conducted to identify the stakeholders to interview. The convergent interviewing technique consists of a series of long, in-depth interviews that gather unstructured content, while using a structured process for the interviews and for data analysis.
2. Observation procedures involved recording (written and audio), analyzing, and interpreting people's actions and interactions in a wide variety of settings. Observational settings included multidisciplinary network meetings that the primary researcher either facilitated or participated in; talks she gave on obesity, including questions and comments from the participants; multidisciplinary team meetings and obesity talks she attended as an observer; obesity training events and conferences; and conversations she had with colleagues, including her doctoral supervisors, and patients.
3. Reference to the literature progressed as an ongoing dialectic, between the data and the literature, throughout the study. This dialectic was used to clarify, augment, challenge, and inform the data and the direction of the approach in development.

Intervention Type

Other

Primary outcome(s)

The components and disciplines that the collective data indicated could be involved in a multicomponent, multidisciplinary approach to obesity management

Key secondary outcome(s))

The metacomponents evident in the data, and the sub-components of the main components identified

Completion date

21/11/2013

Eligibility

Key inclusion criteria

1. Stakeholders including researchers, policy makers and practitioners in the field of obesity management, as well as overweight and obese individuals pursuing weight loss
2. Aged over 18

Participant type(s)

Mixed

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Individuals under 18
2. Stakeholders who were not working in, or experienced in, the field of obesity management
3. Patients who were not overweight or obese

Date of first enrolment

10/03/2011

Date of final enrolment

05/09/2013

Locations

Countries of recruitment

Australia

Study participating centre

Queensland University of Technology

Australia

4059

Sponsor information

Organisation

Queensland University of Technology

ROR

<https://ror.org/03pnv4752>

Funder(s)

Funder type

University/education

Funder Name

Queensland University of Technology

Alternative Name(s)

Queensland University of Technology, Australia, QUT

Funding Body Type

Government organisation

Funding Body Subtype

Universities (academic only)

Location

Australia

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are/will be available upon request from Dr Anita Cochrane.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes