

# Evaluation of weight reduction programmes in the "Lighten Up" service in South Birmingham primary care trust (PCT)

<b>Submission date</b> 19/01/2009	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 06/03/2009	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 20/12/2011	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
Version 4

## Study information

**Scientific Title**

Evaluation of weight reduction programmes in the "Lighten Up" service in South Birmingham primary care trust (PCT): a randomised controlled trial

**Acronym**

Lighten Up

**Study objectives**

The weight loss programmes (Weight Watchers®, Slimming World, Rosemary Conley, NHS Size Down, pharmacy and general practice provision) will each achieve significantly greater weight loss at 3 months follow-up than the comparison group of exercise at a leisure centre. There will be no differences between the weight loss services in weight loss at 3 months.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

South Birmingham Research Ethics Committee, approved on 19/12/2008 (ref: 08/H1207/331)

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Obesity

**Interventions**

Participants will be allocated to one of the following eight arms:

1. Commercial weight loss programme: Weight Watchers
2. Commercial weight loss programme: Slimming World
3. Commercial weight loss programme: Rosemary Conley
4. Size Down (NHS community-based group programme)
5. Pharmacy-led obesity services
6. General practice service
7. Choice of intervention (1 to 6 above)
8. Comparator: Exercise advice + membership to leisure centre (Participants in this group will not be provided with any specific exercise programme)

Total duration of interventions: 12 weeks

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

Weight at 3 months follow-up

**Key secondary outcome(s)**

1. Weight loss at 1 year
2. Self-reported physical activity using the International Physical Activity Questionnaire-Short version (IPAQ-Short) at 3 and 12 months
3. Percentage weight loss at 3 months and 1 year

**Completion date**

03/01/2011

## Eligibility

**Key inclusion criteria**

1. Aged at least 18 years, both males and females
2. Body mass index greater than or equal to 30 (based on data recorded via NHS Quality and Outcomes Framework [QoF])
3. Identified by GP as medically competent to enter the programme evaluation

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

1. Unable to understand English
2. Women who are known to be pregnant
3. Not willing to be randomised

**Date of first enrolment**

26/01/2009

**Date of final enrolment**

03/01/2011

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**  
**Unit of Public Health, Epidemiology and Biostatistics**  
Birmingham  
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B15 2TT

## Sponsor information

**Organisation**  
NHS South Birmingham (UK)

## Funder(s)

**Funder type**  
Government

**Funder Name**  
NHS South Birmingham (UK)

## 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?
<a href="#">Results article</a>	results	03/11/2011		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes