

GO4IT - The effectiveness of a group intervention programme on the lifestyle of adolescents with obesity

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
21/07/2006	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
21/07/2006	Completed	<input checked="" type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
28/10/2013	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

N/A

Study information

Scientific Title

Acronym

GO4IT

Study objectives

The go4it programme will improve body mass index (BMI), glucose tolerance and lifestyle

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Obesity, overweight

Interventions

GO4IT is a new multidisciplinary group treatment. During seven sessions, the adolescents will be educated on diet behaviour, physical activity, energy balance and how to improve their lifestyle regarding a healthy weight and maintenance of the energy balance. Besides these adolescent sessions, two other sessions will be organised for the parents.
Control: usual care, i.e. individual consultation by a dietician.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Body mass index (BMI)
2. Body composition
3. Glucose intolerance
4. Insulin resistance

Key secondary outcome(s))

1. Dietary behaviour
2. Physical activity
3. Sedentary behaviour

4. Quality of life
5. Self esteem
6. Cost-effectiveness

Completion date

31/12/2009

Eligibility

Key inclusion criteria

1. Overweight or obese
2. 12-18 years of age

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

12 years

Upper age limit

18 years

Sex

All

Key exclusion criteria

1. Non-Dutch-speaking
2. Overweight or obese as a result of a known syndrome or organic cause
3. Mental retardation
4. Physical limitations
5. Diagnosed diabetes mellitus (DM) type 2

Date of first enrolment

01/01/2006

Date of final enrolment

31/12/2009

Locations

Countries of recruitment

Netherlands

Study participating centre

VU Medisch Centrum

Amsterdam

Netherlands

1007 MB

Sponsor information

Organisation

VU University Medical Center (The Netherlands)

ROR

<https://ror.org/00q6h8f30>

Funder(s)

Funder type

Research organisation

Funder Name

Netherlands Organisation for Health Research and Development (ZonMw)

Alternative Name(s)

Netherlands Organisation for Health Research and Development

Funding Body Type

Private sector organisation

Funding Body Subtype

Other non-profit organizations

Location

Netherlands

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	01/05/2010		Yes	No
Results article	results	08/10/2013		Yes	No