

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

**Submission date**

21/07/2006

**Recruitment status**

No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**

21/07/2006

**Overall study status**

Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**

28/10/2013

**Condition category**

Nutritional, Metabolic, Endocrine

☐ Individual participant data

**Plain English summary of protocol**

Not provided at time of registration

## Contact information

**Type(s)**

Scientific

**Contact name**

Dr G. H. Hofsteenge

**Contact details**

VU Medisch Centrum

Dienst Dietetiek en Voedingswetenschappen

P.O. Box 7057

Amsterdam

Netherlands

1007 MB

+31 (0)20 4443414

A.Hofsteenge@vumc.nl

## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

### Secondary study design

Randomised controlled trial

### Study setting(s)

Not specified

### Study type(s)

Treatment

### Participant information sheet

### 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 measure**

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

**Secondary outcome measures**

1. Dietary behaviour
2. Physical activity
3. Sedentary behaviour
4. Quality of life
5. Self esteem
6. Cost-effectiveness

**Overall study start date**

01/01/2006

**Completion date**

31/12/2009

## **Eligibility**

**Key inclusion criteria**

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

**Participant type(s)**

Patient

**Age group**

Child

**Lower age limit**

12 Years

**Upper age limit**

18 Years

**Sex**

Both

**Target number of participants**

160

**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)

**Sponsor details**

Van der Boechorststraat 7

Amsterdam

Netherlands

1081 BT

**Sponsor type**

University/education

**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

**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?
<a href="#">Results article</a>	results	01/05/2010		Yes	No
<a href="#">Results article</a>	results	08/10/2013		Yes	No