# National Adolescent Treatment Trial for Obesity in Kuwait

Submission date	Recruitment status	<ul><li>Prospectively registered</li></ul>
09/10/2009	No longer recruiting	☐ Protocol
Registration date	Overall study status	Statistical analysis plan
01/12/2009	Completed	[X] Results
Last Edited	Condition category	[] Individual participant data
20/06/2014	Nutritional, Metabolic, Endocrine	

## Plain English summary of protocol

Not provided at time of registration

## Contact information

## Type(s)

Scientific

#### Contact name

Prof John Reilly

#### Contact details

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# Additional identifiers

**Protocol serial number** N/A

# Study information

#### Scientific Title

Randomised controlled trial of a behavioural treatment programme for obesity in Kuwaiti adolescents

#### Acronym

#### Study objectives

To test whether parent-directed group-based behavioural treatment offers improved weight management over standard care.

#### Ethics approval required

Old ethics approval format

## Ethics approval(s)

Ethics Committee for Medical Research, Ministry of Health of Kuwait, 12/02/2009, ref: MPH/112

#### Study design

Assessor blinded two arm randomised controlled trial

#### Primary study design

Interventional

#### Study type(s)

Treatment

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

Obesity

#### **Interventions**

Random allocation to intervention or standard care control group:

- 1. Standard care control: referral to primary care, where treatment will be limited to a little health education
- 2. Intervention group: invited to 10 session of behavioural change counselling targeted at changes in physical activity, diet, and sedentary behaviour, over a 24 26 week period

Of the 10 sessions, five will be delivered by a dietician, five by a physician. Sessions 1 - 8 fortnightly for first 16 weeks, session 9 at week 20 and session 10 at week 26.

### Intervention Type

Other

#### Phase

Not Applicable

#### Primary outcome(s)

Change in BMI z score from baseline to 6 months after the start of treatment or standard care control.

#### Key secondary outcome(s))

- 1. Change in quality of life from baseline to +6 month follow up
- 2. Change in blood pressure and blood-based cardiometabolic risk factors (fasting lipids, triglycerides, insulin, glucose) from baseline to +6 months
- 3. Changes in estimated fat and fat free mass from baseline to +6 month follow up (using bioelectrical impedance)

#### Completion date

31/12/2010

# Eligibility

#### Key inclusion criteria

- 1. Boys and girls
- 2. Obese (body mass index [BMI] at or above 95th percentile on US CDC 200 BMI charts)
- 3. Aged 10 14 years inclusive
- 4. With no major chronic disease or disability
- 5. With no obvious underlying pathological cause of obesity
- 6. At least one parent willing to attend treatment sessions if randomly allocated to intervention
- 7. Attending a mainstream school in the public sector

#### Participant type(s)

**Patient** 

## Healthy volunteers allowed

No

#### Age group

Child

#### Lower age limit

10 years

## Upper age limit

14 years

#### Sex

All

#### Key exclusion criteria

- 1. Non-obese
- 2. With major disease
- 3. With underlying pathological cause of obesity
- 4. Less than 10 years or greater than 14 years at study inception
- 5. Not attending a mainstream school in the public sector
- 6. Unable or unwilling to attend treatment sessions if randomised to intervention group

#### Date of first enrolment

11/11/2009

#### Date of final enrolment

31/12/2010

# Locations

#### Countries of recruitment

United Kingdom

#### Scotland

Kuwait

Study participating centre
University of Glasgow Division of Developmental Medicine
Glasgow
United Kingdom
G3 8SJ

# Sponsor information

## Organisation

Civil Service Commission (Kuwait)

#### **ROR**

https://ror.org/02htmn026

# Funder(s)

## Funder type

Government

#### **Funder Name**

Civil Service Commission (Kuwait)

# **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	19/06/2014	Yes	No
Participant information sheet	Participant information sheet	11/11/2025 11/11/2025	No	Yes