

To measure the effectiveness of tailored text message-based weight reduction program

Submission date 25/02/2011	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 28/04/2011	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 05/02/2015	Condition category 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
N/A

Study information

Scientific Title
A pilot randomised controlled trial to measure the effectiveness of tailored text message-based weight reduction program

Study objectives

The intervention to be evaluated in this trial is a six-month program of automatically generated tailored text messages sent to the participant's mobile phone.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Institutional Review Board of Seoul National University Bundang Hospital approved on the 30th December 2010 (ref: B-1012/117-003)

Study design

Two parallel group randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Obesity

Interventions

Two groups to be compared:

1. Control group: participants will receive tuition in weight-control, BMI measure, education materials
2. Intervention group: participants will receive tuition in weight-control, BMI measure, education materials, plus patient-tailored interactive SMS text messages every other day

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Body weight: The percentage of body weight change in 6 months. Weight is measured at baseline, 1, 3, and 6 months in light clothing by bioelectrical analysis methods

We also plan to obtain self administered questionnaires such as eating behavior, physical activity using International Physical Activity Questionnaire (IPAQ-short form) and Korean version of Obesity related Quality of Life Scale at baseline and 6 months later

Key secondary outcome(s)

1. BMI
2. Body composition
3. Quality of life
4. Eating habits
5. Physical activity

Completion date

30/09/2011

Eligibility

Key inclusion criteria

1. Obese people - body mass index (BMI) over 25
2. Able to read Korean and can provide written informed consent
3. Is seriously considering weight reduction
4. Aged over 20 years, either sex
5. Has a mobile phone and is familiar with sending and receiving SMS text messages
6. Is willing to participate in study and follow study procedures
7. Is not currently enrolled in another formal weight reduction study or program
8. Is not using diet pill at randomisation date

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Do not meet all of the inclusion criteria
2. Past 3-month comorbidities, for example cerebral apoplexy, coronary artery diseases
3. Past 3-month coronary artery intervention or surgery
4. Has heart failure or anorexia nervosa or terminal cancer

Date of first enrolment

01/04/2011

Date of final enrolment

30/09/2011

Locations

Countries of recruitment

Korea, South

Study participating centre

166 Gumi-ro Bundang-gu, Gyeonggi-do

Seongnam

Korea, South

463-707

Sponsor information

Organisation

Seoul National University Bundang Hospital (South Korea)

ROR

<https://ror.org/00cb3km46>

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

Seoul National University Bundang Hospital (South Korea)

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	03/02/2015		Yes	No