

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

Submission date
25/02/2011

Recruitment status
No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date
28/04/2011

Overall study status
Completed

☐ Statistical analysis plan

☒ Results

Last Edited
05/02/2015

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

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Contact details

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

Secondary study design

Randomised controlled trial

Study setting(s)

Other

Study type(s)

Treatment

Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

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 measure

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

Secondary outcome measures

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

Overall study start date

01/04/2011

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

Age group

Adult

Sex

Both

Target number of participants

Total approximately 200 (100 in each of the intervention groups)

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)

Sponsor details

300 Gumi-ro Bundang-gu, Seongnam-si, Gyeonggi-do

Department of Education and Research

Seongnam

Korea, South

463-707

Sponsor type

Hospital/treatment centre

Website

<http://www.snubh.org/en/>

ROR

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

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

Seoul National University Bundang Hospital (South Korea)

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?
Results article	results	03/02/2015		Yes	No