

# Scottish Childhood Obesity Treatment Trial

<b>Submission date</b> 28/04/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 15/06/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 19/03/2008	<b>Condition category</b> 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

### Contact name

Dr John J Reilly

### Contact details

Reader in Paediatric Energy Metabolism  
University of Glasgow Division of Developmental Medicine  
1st Floor Tower Block QMH  
Yorkhill Hospitals  
Glasgow  
United Kingdom  
G3 8SJ  
[jjr2y@clinmed.gla.ac.uk](mailto:jjr2y@clinmed.gla.ac.uk)

## Additional identifiers

### Protocol serial number

N/A

## Study information

### Scientific Title

### Acronym

SCOTT

**Study objectives**

To test whether a novel (intensive and behavioural) dietetic intervention for childhood obesity was more successful than standard care.

**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

**Interventions**

Intervention:

Intensive behavioural approach to treatment (eight appointments over six months; 5 - 6 hours patient/family contact time).

Control:

Standard dietetic care (1 - 1.5 hours patient/family contact time over six months).

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Body mass index (BMI) standard deviation score.

Outcomes measured at baseline, +6 months after start of intervention and +12 months after start of intervention.

**Key secondary outcome(s)**

1. Objectively measured habitual physical activity and sedentary behaviour (accelerometry)
2. Waist circumference standard deviation score
3. Quality of life

Outcomes measured at baseline, +6 months after start of intervention and +12 months after start of intervention.

**Completion date**

01/02/2006

## Eligibility

**Key inclusion criteria**

Obese (body mass index [BMI] greater than 98th percentile) children of primary school age (5 - 11 years at baseline), referred for treatment for their obesity.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

5 years

**Upper age limit**

11 years

**Sex**

All

**Key exclusion criteria**

1. Non obese
2. Family apparently not willing to attempt lifestyle changes
3. Having special educational needs
4. Receiving treatment for obesity elsewhere

**Date of first enrolment**

01/02/2003

**Date of final enrolment**

01/02/2006

## Locations

**Countries of recruitment**

United Kingdom

Scotland

**Study participating centre**

**Reader in Paediatric Energy Metabolism**  
Glasgow  
United Kingdom  
G3 8SJ

## Sponsor information

**Organisation**  
Yorkhill Hospitals NHS Trust (UK)

## Funder(s)

**Funder type**  
Government

**Funder Name**  
Chief Scientist Office of the Scottish Executive Health Department (UK)

## 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?
<a href="#">Results article</a>	Results	01/03/2008		Yes	No