# Tailored implementation of guidelines for obesity barriers study

Submission date	Recruitment status	<ul><li>Prospectively registered</li></ul>
27/04/2012	No longer recruiting	☐ Protocol
Registration date	Overall study status	Statistical analysis plan
27/04/2012	Completed	Results
Last Edited	Condition category	Individual participant data
21/11/2019	Nutritional, Metabolic, Endocrine	<ul><li>Record updated in last year</li></ul>

### Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

#### Contact name

Dr Jane Krause

#### Contact details

University of Leicester Department of Health Sciences 22-28 Princess Road West Leicester United Kingdom LE1 6TP

jk208@leicester.ac.uk

## Additional identifiers

Protocol serial number

12024

## Study information

#### Scientific Title

Tailored implementation of guidelines for obesity barriers study: a randomised controlled trial

#### **Study objectives**

The aim of our study is to improve the quality of obesity care delivered by health professionals and teams. Traditional interventions such as educational sessions related to the NICE guidelines on obesity have only limited effectiveness. We plan to develop valid, feasible and efficient methods of tailoring implementation to the treatment of obesity. Tailoring involves designing an intervention to overcome the specific limiting factors or barriers experienced by a particular group of health care professionals to providing improved health care, which in this case is care in accordance with the NICE guidelines. However, methods for identifying the most important barriers health professionals face in delivering appropriate care are not well developed. Therefore, we need to evaluate and test different methods for identifying barriers and enablers for improving obesity care. A wide range of methods can be used to identify barriers and enablers.

The methods we plan to use are:

- 1. Brainstorming with health professionals (two sessions with between 610 participants)
- 2. Focus groups with health professionals (two sessions with between 610 participants
- 3. Interviews of health professionals (a minimum of 8 professionals)
- 4. Interviews with patients (a minimum of 8 patients)
- 5. Questionnaire based on a checklist

These methods will be used in head to head comparisons for each chronic condition (in England, primary care management of obesity) in order to evaluate which methods are most appropriate to use, and to which contexts and settings they are most applicable. The comparisons will to some extent be designed as diagnostic studies, the methods being compared on the extent to which they identify all the barriers and enablers. The analysis will compare methods in terms of process (the time, resources and expertise required), and outcomes (the range and completeness of barriers and enablers identified.

More details can be found at http://public.ukcrn.org.uk/Search/StudyDetail.aspx?StudyID=12024

### Ethics approval required

Old ethics approval format

## Ethics approval(s)

ref: 12/NW/0106

## Study design

Randomised interventional trial

## Primary study design

Interventional

## Study type(s)

Quality of life

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

Obesity

#### **Interventions**

Management of Obesity: this project aims to assess the management of obesity within primary care, and to identify the barriers and enablers to care.

#### Intervention Type

Other

#### **Phase**

Not Applicable

#### Primary outcome(s)

Assess the barriers and enablers to obesity care within the NHS

#### Key secondary outcome(s))

No secondary outcome measures

#### Completion date

31/05/2012

## Eligibility

#### Key inclusion criteria

- 1. Health professionals invited to participate in the study will be a mix of male and female participants, participants with a range of work experience, both in duration and a mix of clinical workers and managers.
- 2. A mix of health professionals will be used in order to ensure the perspectives of different groups are obtained, for example, doctors, nurses, dietitians etc. at different grade levels.
- 3. The patients should currently be receiving or have previously received weight reduction treatment.
- 4. Patients with different stages of the condition, different ages, gender, social status and so forth
- 5. Male and female participants
- 6. Minimum age 18 years

### Participant type(s)

Mixed

#### Healthy volunteers allowed

No

#### Age group

Adult

#### Lower age limit

18 years

#### Sex

Αll

#### Key exclusion criteria

- 1. Health professionals who have no exeperiance in delivering weight management care
- 2. Patients who have not recently been treated for weight reduction

#### Date of first enrolment

# Date of final enrolment 31/05/2012

## Locations

## Countries of recruitment

United Kingdom

England

Study participating centre University of Leicester Leicester United Kingdom LE1 6TP

## Sponsor information

### Organisation

University of Leicester (UK)

#### **ROR**

https://ror.org/04h699437

## Funder(s)

## Funder type

Government

#### **Funder Name**

Seventh Framework Programme

#### Alternative Name(s)

EC Seventh Framework Programme, European Commission Seventh Framework Programme, EU Seventh Framework Programme, European Union Seventh Framework Programme, FP7

## **Funding Body Type**

Government organisation

## **Funding Body Subtype**

#### Location

## **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?

Participant information sheet
Participant information sheet
11/11/2025 No Yes