ISRCTN48667769 https://doi.org/10.1186/ISRCTN48667769

# Tailored implementation of guidelines for obesity barriers study

| Submission date | Recruitment status | [ ] Prospectively registered |
|---|---|---|
| 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 | [ ] Record updated in last year |

**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

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**
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

## Secondary study design
Randomised controlled trial

## Study setting(s)

GP practice

### Study type(s)
Quality of life

### 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
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 measure
Assess the barriers and enablers to obesity care within the NHS

### Secondary outcome measures
No secondary outcome measures

### Overall study start date
30/03/2012

### 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

### Age group
Adult

### Lower age limit
18 Years

### Sex
Both

### Target number of participants
Planned Sample Size: 350; UK Sample Size: 350

### 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
30/03/2012

### Date of final enrolment
31/05/2012

## Locations

### Countries of recruitment
England

United Kingdom

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

## Sponsor information

### Organisation
University of Leicester (UK)

### Sponsor details
Department of Health Sciences
22-28 Princess Road West

Leicester
England
United Kingdom
LE1 6TP

**Sponsor type**
University/education

**Website**
http://www2.le.ac.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**
National government

**Location**

# 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