

# Treating childhood obesity: a randomised, controlled trial of a family-based behavioural treatment

**Submission date**  
09/09/2005

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
02/11/2005

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
20/12/2011

**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

Prof Jane Wardle

### 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

### Study objectives

1. There will be a significant difference in body mass index (BMI) pre- to post-intervention within the treatment group
2. There will be a significant improvement in participants eating behaviours pre- to post-intervention within the treatment group
3. There will be a significant improvement in the physical health profile of participants pre- to post-intervention within the treatment group
4. There will be a significant improvement in the psychological well-being of children pre- to post-intervention within the treatment group

### 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

### Secondary study design

Randomised controlled trial

### Study setting(s)

Not specified

### Study type(s)

Treatment

### Participant information sheet

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

Overweight/obesity

### Interventions

Family-based behavioural treatment versus waiting list control

### Intervention Type

Other

### Phase

Not Applicable

**Primary outcome measure**

1. Weight
2. Body mass index (BMI)
3. Percentage BMI

**Secondary outcome measures**

1. Other child anthropometric measures (waist, body composition)
2. Child blood lipids/glucose/insulin/blood pressure
3. Eating behaviours, dietary intake, activity level (using accelerometers), self-esteem, mood
4. Parental eating behaviours and parenting style

**Overall study start date**

01/01/2004

**Completion date**

01/01/2007

**Eligibility****Key inclusion criteria**

Participants will be children aged 8-12 years who are overweight or obese as defined using the International Obesity Taskforce BMI definition. Eligible subjects will be those with simple obesity /overweight who have had other treatable causes of obesity excluded. At least one parent must be willing to participate in treatment.

**Participant type(s)**

Patient

**Age group**

Child

**Lower age limit**

8 Years

**Upper age limit**

12 Years

**Sex**

Both

**Target number of participants**

72

**Key exclusion criteria**

1. Significant learning difficulties in child or parent
2. Significant mental health problems in child or parent
3. Insufficient command of English to participate in the groups

**Date of first enrolment**

01/01/2004

**Date of final enrolment**

01/01/2007

**Locations****Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Health Behaviour Unit**

London

United Kingdom

WC1E 6BT

**Sponsor information****Organisation**

Cancer Research UK Health Behaviour Unit

**Sponsor details**

University College London

2-16 Torrington Place

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**Sponsor type**

Charity

**ROR**

<https://ror.org/054225q67>

**Funder(s)****Funder type**

Charity

**Funder Name**

## 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?
<a href="#">Results article</a>	results	01/01/2012		Yes	No