# Comparing the effectiveness of multidisciplinary family approach with traditional dietetic treatment in managing the weight of overweight or obese children

Submission date	Recruitment status  No longer recruiting	<ul><li>Prospectively registered</li><li>Protocol</li></ul>		
17/01/2006				
Registration date	Overall study status	Statistical analysis plan		
17/02/2006	Completed	[X] Results		
Last Edited	Condition category	Individual participant data		
18/10/2016	Nutritional, Metabolic, Endocrine			

#### Plain English summary of protocol

Not provided at time of registration

#### Contact information

#### Type(s)

Scientific

#### Contact name

Dr Barrie Margetts

#### Contact details

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#### Additional identifiers

Protocol serial number J03

# Study information

#### Scientific Title

Comparing the effectiveness of multidisciplinary family approach with traditional dietetic treatment in managing the weight of overweight or obese children

#### **Study objectives**

That a multidisciplinary family approach will be more effective in managing weight than usual care

#### Ethics approval required

Old ethics approval format

#### Ethics approval(s)

Health and Social Services Ethics Committee, Jersey

#### Study design

Randomised cross-over design

#### Primary study design

Interventional

#### Study type(s)

Quality of life

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

Overweight or obese children

#### **Interventions**

Family support and activity versus usual care

#### Intervention Type

Other

#### Phase

Not Applicable

#### Primary outcome(s)

Weight

#### Key secondary outcome(s))

- 1. Percentage body fat
- 2. Nutritional balance
- 3. Physical activity
- 4. Self-esteem
- 5. Body image

#### Completion date

30/09/2007

## **Eligibility**

#### Key inclusion criteria

Overweight or obese children between 6 to 14 years of age

#### Participant type(s)

**Patient** 

#### Healthy volunteers allowed

No

#### Age group

Child

#### Lower age limit

6 years

#### Upper age limit

14 years

#### Sex

All

#### Key exclusion criteria

- 1. Any medical condition preventing safe exercising
- 2. Inability to attend without parent or guardian

#### Date of first enrolment

01/10/2004

#### Date of final enrolment

30/09/2007

#### Locations

#### Countries of recruitment

**United Kingdom** 

England

# Study participating centre University of Southampton

Southampton United Kingdom SO16 6YD

# Sponsor information

#### Organisation

University of Southampton, Institute of Human Nutrition (UK)

#### **ROR**

https://ror.org/01ryk1543

# Funder(s)

#### Funder type

Charity

#### Funder Name

Wessex Medical Trust 300175

### **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?
Results article	results	01/08/2011	Yes	No
Participant information sheet	Participant information sheet	11/11/2025 11/11/2025	No	Yes