

A randomised trial of an internet weight control resource: the UK Weight Control Trial

Submission date 07/10/2003	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol <input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results <input type="checkbox"/> Individual participant data
Registration date 07/10/2003	Overall study status Completed	
Last Edited 05/12/2017	Condition category Nutritional, Metabolic, Endocrine	

Plain English summary of protocol
Not provided at time of registration

Study website
<http://www.ukweightcontrol.co.uk/>

Contact information

Type(s)
Scientific

Contact name
Dr Sara Kirk

Contact details
The University of Leeds
Nuffield Institute for Health
71-75 Clarendon Road
Leeds
United Kingdom
LS2 9PL
+44 (0)113 3436990
s.f.l.kirk@leeds.ac.uk

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N/A

Study information

Scientific Title

A randomised trial of an internet weight control resource: the UK Weight Control Trial

Acronym

UKWCT

Study objectives

An internet-based package for weight control, alongside 'usual care', is a more effective treatment for obesity than 'usual care' methods alone.

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

Obesity

Interventions

Intervention: Access to an internet weight management site designed by health professionals to offer weight management advice based on the best evidence available.

Comparison: Usual care offered by the GP

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Ability of the internet package to promote change in BMI over six and 12 months compared with traditional treatment.

Secondary outcome measures

Ability of the internet package to promote change in reported lifestyle behaviours compared with traditional treatment.

Overall study start date

01/01/2004

Completion date

01/01/2005

Eligibility

Key inclusion criteria

1. Males and females
2. Body Mass Index (BMI) more than 30 kg/m²
3. 18 to 65 years of age
4. Able to access the internet at least once per week
5. Able to read and write in English (for the purposes of accessing the site and completing questionnaires)

Participant type(s)

Patient

Age group

Adult

Lower age limit

18 Years

Sex

Both

Target number of participants

180

Key exclusion criteria

1. Pregnant or lactating women
2. Women planning on becoming pregnant within the next year
3. Any illness or reason where the General Practitioner (GP) feels that the patient should not be taking part in a clinical trial

Date of first enrolment

01/01/2004

Date of final enrolment

01/01/2005

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

The University of Leeds

Leeds

United Kingdom

LS2 9PL

Sponsor information

Organisation

The Health Foundation (UK)

Sponsor details

90 Long Acre

London

United Kingdom

WC2E 9RA

+44 (0)20 7257 8000

info@health.org.uk

Sponsor type

Charity

ROR

<https://ror.org/02bzj4420>

Funder(s)

Funder type

Charity

Funder Name

The Health Foundation (UK) (ref: 3518/1655)

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?
Protocol article	protocol	29/10/2003		Yes	No
Results article	results	19/12/2007		Yes	No