

After a period of successful weight loss does monthly contact with a dietitian, via e-mail, enable individuals to successfully maintain their weight loss over a further six months?

Submission date 28/09/2007	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 28/09/2007	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 29/03/2012	Condition category Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N0187189138

Study information

Scientific Title

Study objectives

After a period of successful weight loss, does monthly e-mail contact with a dietitian enable patients to maintain that weight?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Added May 2008:

Approved on 20/10/2006, REC ref no: 06/Q1701/117.

Study design

Randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Hospital

Study type(s)

Treatment

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

Nutritional, Metabolic, Endocrine: Obesity

Interventions

Email contact vs no email contact.

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Added May 2008:

Keeping in weight band +/- 2Kg around end weight after weight loss.

Secondary outcome measures

Added May 2008:

1. Adherence to diet and exercise plans
2. Components of dietary targets maintained

Overall study start date

01/12/2006

Completion date

30/11/2008

Eligibility

Key inclusion criteria

Added May 2008:

1. Adults of BMI>30
2. Who have lost 5% body weight
3. Access to email

Participant type(s)

Patient

Age group

Not Specified

Sex

Not Specified

Target number of participants

Target: 70 participants, allowing for an attrition rate of 30%. This should capture a sample of 48 (24 in each arm of the study). Recruitment closed as of May'08: 53 recruited.

Key exclusion criteria

Added May 2008:

1. Binge eating disorder
2. Awaiting bariatric surgery
3. Learning disability
4. On weight loss medication

Date of first enrolment

01/12/2006

Date of final enrolment

30/11/2008

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

St. James' Hospital

Portsmouth

United Kingdom

PO4 8LD

Sponsor information

Organisation

Record Provided by the NHSTCT Register - 2007 Update - Department of Health

Sponsor details

The Department of Health, Richmond House, 79 Whitehall

London

United Kingdom

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Sponsor type

Government

Website

<http://www.dh.gov.uk/Home/fs/en>

Funder(s)

Funder type

Government

Funder Name

Portsmouth and Isle of Wight R&D Consortium (UK)

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?
Results article	results	01/02/2000		Yes	No