

# 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?

<b>Submission date</b> 28/09/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 28/09/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 29/03/2012	<b>Condition category</b> 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

SW1A 2NL

+44 (0)20 7307 2622

dhmail@doh.gsi.org.uk

**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?
<a href="#">Results article</a>	results	01/02/2000		Yes	No