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	Recruitment status No longer recruiting	Prospectively registered		
28/09/2007		Protocol		
Registration date 28/09/2007	Overall study status Completed	Statistical analysis plan		
		[X] Results		
Last Edited	Condition category	Individual participant data		
29/03/2012	Nutritional, Metabolic, Endocrine			

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Mrs Denise Thomas

Contact details

St. James' Hospital Locksway Road Milton Portsmouth United Kingdom PO4 8LD +44 023 92 89 4414 denise.thomas@porthosp.nhs.uk

Additional identifiers

Protocol serial number 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

Study type(s)

Treatment

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(s)

Added May 2008:

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

Key secondary outcome(s))

Added May 2008:

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

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

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

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

United Kingdom

England

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

Funder(s)

Funder type

Government

Funder Name

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

Funder Name

PHT Dept of Dietetics

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	01/02/2000	Yes	No
Participant information sheet	Participant information sheet	11/11/2025 11/11/2025	No	Yes