

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

Prospectively registered

Registration date
28/09/2007

Overall study status
Completed

Protocol

Statistical analysis plan

Results

Last Edited
29/03/2012

Condition category
Nutritional, Metabolic, Endocrine

Individual participant data

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