

Preventing excessive weight gain in pregnant women

Submission date 22/03/2012	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 22/03/2012	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 20/12/2017	Condition category Pregnancy and Childbirth	<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

Protocol serial number
11931

Study information

Scientific Title
Preventing excessive weight gain in healthy and overweight pregnant women

Study objectives

Gaining too much weight during pregnancy can have many negative effects, including gestational diabetes and complications when the baby is delivered. Many pregnant women gain more weight than they should during pregnancy. Studies have shown that many women reduce their physical activity and consume a more liberal diet during and after pregnancy.

Ethics approval required

Old ethics approval format

Ethics approval(s)

ref: 12/WM/0059

Study design

Randomised interventional prevention study

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Reproductive Health & Childbirth

Interventions

1. Dietry
2. Education or Self-Management

Intervention Type

Behavioural

Primary outcome(s)

Feasibility and acceptability of the intervention to community midwife.

Key secondary outcome(s))

No secondary outcome measures

Completion date

01/10/2012

Eligibility**Key inclusion criteria**

1. Low risk pregnant women receiving community midwife led/shared care
2. Aged at least 18
3. Within healthy or over weight BMI ranges (18.30 kg/m^2) at the 5/6 week gestation appointment and scan/booking visit (12 - 14 weeks gestation)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

Female

Key exclusion criteria

1. Obese women (BMI ≥ 30 (kg/m²) - as the focus is primary prevention and because obese women are deemed high risk and typically receive consultant led care.
2. Other women deemed high risk by the CMW at the booking appointment will not be invited to take part (e.g. more than one foetus, history of complications, preexisting chronic illness etc).
3. If a woman is deemed high risk at any time after the booking visit, the CMW will determine whether it is appropriate for her to continue in the study, but where possible we will try to retain them.

Date of first enrolment

01/06/2012

Date of final enrolment

01/10/2012

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

University of Birmingham

Birmingham

United Kingdom

B15 2TT

Sponsor information**Organisation**

University of Birmingham (UK)

ROR

<https://ror.org/03angcq70>

Funder(s)

Funder type

Government

Funder Name

National Institute for Health Research

Alternative Name(s)

National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

United Kingdom

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	16/09/2015		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes