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# Investigation into the effect of intensive dietary intervention on post prandial glycaemic control and perception of risk of developing diabetes in women with a history of gestational diabetes

**Submission date**
30/09/2004

**Recruitment status**
No longer recruiting

**Registration date**
30/09/2004

**Overall study status**
Completed

**Last Edited**
02/11/2016

**Condition category**
Nutritional, Metabolic, Endocrine

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

**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**
N0016132018

# Study information

### Scientific Title
Investigation into the effect of intensive dietary intervention on post prandial glycaemic control and perception of risk of developing diabetes in women with a history of gestational diabetes

### Study objectives
1. To examine the effects of an intensive dietary intervention on post prandial blood glucose profiles (and first phase insulin response).
2. To examine the effects of that dietary education programme on perception of risk and ability to influence the risk of developing diabetes for women with a history of gestational diabetes.

### Ethics approval required
Old ethics approval format

### Ethics approval(s)
Not provided at time of registration

### Study design
Randomised controlled trial

### Primary study design
Interventional

### Study type(s)
Prevention

### Health condition(s) or problem(s) studied
Nutritional, Metabolic, Endocrine: Diabetes

### Interventions
Randomised controlled trial of a dietary education programme.

### Intervention Type
Behavioural

### Primary outcome(s)
The intervention aims to improve post prandial glycaemic control and insulin response hence reducing the risk or delaying the onset of Type 2 diabetes. The study will investigate whether the risk of developing Type 2 diabetes can be reduced by using intensive dietetic strategy, originally developed as an intensive weight management service within the diabetes framework.

### Key secondary outcome(s))
Not provided at time of registration

### Completion date
27/08/2007

# Eligibility

**Key inclusion criteria**
Females aged 18-50 years

**Participant type(s)**
Patient

**Healthy volunteers allowed**
No

**Age group**
Adult

**Lower age limit**
18 years

**Upper age limit**
50 years

**Sex**
Female

**Key exclusion criteria**
Not provided at time of registration

**Date of first enrolment**
28/08/2003

**Date of final enrolment**
27/08/2007

# Locations

**Countries of recruitment**
United Kingdom

England

**Study participating centre**
**Charing Cross Hospital**
London
United Kingdom
W6 8RF

# Sponsor information

**Organisation**
Department of Health

# Funder(s)

**Funder type**
Government

**Funder Name**
Hammersmith Hospital NHS Trust (UK)

# 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? |
|---|---|---|---|---|---|
| Participant information sheet | Participant information sheet | 11/11/2025 | 11/11/2025 | No | Yes |