

# Religious leaders and diabetes prevention in Bangladesh

<b>Submission date</b> 24/04/2022	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 08/05/2022	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 21/10/2025	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Type 2 diabetes is a common condition that causes the level of sugar (glucose) in the blood to become too high.

Type 2 diabetes (T2DM) and related non-communicable diseases (NCDs) are common among the adult population in Bangladesh, which can be prevented through lifestyle modification. Evidence shows that culturally sensitive and behaviorally oriented faith-based intervention by religious leaders affects the prevention of T2DM and related NCDs.

**Aim:** To assess the outcome of faith-based intervention for the prevention of T2DM in high-risk subjects in Bangladesh.

### Who can participate?

All individuals aged 25 years or older with diabetes risk score 9 or above and diagnosed with prediabetes (IFG/IGT) as per WHO recommended diagnostic value, permanent residents and willing to participate and available for 12 months of study.

### What does the study involve?

Over the course of 12 months, this study will involve counseling, biophysical measurement, and laboratory investigations related to the study outcomes. In the intervention group, participants will visit twelve times (one each month) for counseling with religious leaders. They will discuss healthy lifestyles based on the religious sermon (khutbah) that benefits T2DM prevention. In addition, they will have three appointments (at the time of registration, 4 months, and 12 months) for structured healthy lifestyle education (including diet and physical activity) effective for T2DM prevention, biophysical measurement, and laboratory investigations with researchers from the Centre for Global Health Research of the Diabetic Association of Bangladesh. They will complete a questionnaire on changes in major nutritional and exercise habits and also the changes in Knowledge, Attitude, and Practice (KAP). All these appointments will be face-to-face. The subjects in the control group will be informed about a healthy lifestyle based on the religious sermon (khutbah). After the inclusion and collection of baseline data, they will visit the study site at 4 months and 12 months for the collection of anthropometric, clinical, and laboratory investigations. They will also complete a questionnaire on changes in major nutritional and exercise habits and also the changes in KAP.

What are the possible benefits and risks of participating?

This proposed study will fill up the gap in our existing knowledge by testing the effectiveness of faith-based intervention by religious leaders for the prevention of T2DM and related NCDs. No risk will be involved in this study.

Where is the study run from?

Centre for Global Health Research, Diabetic Association of Bangladesh

When is the study starting and how long is it expected to run for?

April 2022 to April 2023

Who is funding the study?

Non-Communicable Disease Control Program of Directorate General of Health Services, Ministry of Health and Family Welfare, Government of the People's Republic of Bangladesh.

Who is the main contact?

Dr Bishwajit Bhowmik, doctorbiplob@gmail.com

## Contact information

### Type(s)

Scientific

### Contact name

Dr Bishwajit Bhowmik

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## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### ClinicalTrials.gov (NCT)

Nil known

### Protocol serial number

BADAS-ERC/EC 122100330

## Study information

**Scientific Title**

Prevention of diabetes and related NCDs through religious leaders

**Acronym**

DPRL

**Study objectives**

Faith-based intervention by religious leaders can affect the prevention of T2DM and related NCD risk factors.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approved 19/04/2022, The Ethical Review Committee (ERC) of the Diabetic Association of Bangladesh (BADAS, 122 Kazi Nazrul Islam Avenue, Shahbag, Dhaka-1000, Bangladesh; +880-2-9661551; ERC@dab-bd.org), ref: BADAS-ERC/EC 122100330

**Study design**

Multicenter Interventional randomized controlled trial

**Primary study design**

Interventional

**Study type(s)**

Prevention

**Health condition(s) or problem(s) studied**

Prevention of diabetes

**Interventions**

Participants will be allocated at random in a 1:1 ratio.

Intervention arm: provide healthy lifestyle information through religious sermon (khutbah) plus person-specific dietary and physical activity advice;

Control arm: only provide healthy lifestyle information through religious sermon (khutbah)

Follow up is for 12 months

**Intervention Type**

Behavioural

**Primary outcome(s)**

Rate of conversion from prediabetes to T2DM using blood glucose (both fasting and 2 hours after 75-gram blood glucose drink) among the study population at 4 months and 12 months

**Key secondary outcome(s))**

1. Rate of T2DM between intervention and control group using blood glucose at 4 months and 12 months
2. Rate of cardiometabolic parameters including obesity (general and abdominal) by measuring anthropometric parameters, HTN by measuring blood pressure, and dyslipidemia by measuring fasting lipid profile between intervention and control group at 4 months and 12 months

3. Changes in physical activity, and dietary habits between intervention and control group using face-to-face interview (control group) and both face to face interview and guidebook at 4 months and 12 months
4. Level of changes in knowledge, attitude, and practice about T2DM and related cardiometabolic parameters among the study participants using the questionnaire at 4 months and 12 months

**Completion date**

06/04/2023

## Eligibility

**Key inclusion criteria**

1. All individuals aged  $\geq 25$  years with diabetes risk score  $\geq 9$  and diagnosed with prediabetes (IFG/IGT) as per WHO recommended diagnostic value.
2. Both genders
3. Permanent residents
4. Willing to participate and available for 12 months of study

**Participant type(s)**

Healthy volunteer

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Pregnant women or planned pregnancy and lactating mothers
2. Known case of T2DM
3. Individuals diagnosed with acute physical or mental illness at the time of screening

**Date of first enrolment**

07/05/2022

**Date of final enrolment**

07/06/2022

## Locations

**Countries of recruitment**

Bangladesh

**Study participating centre**

**Centre for Global Health Research, Diabetic Association of Bangladesh**  
122, Kazi Nazrul Islam Avenue Shahbag  
Dhaka  
Bangladesh  
1000

## Sponsor information

### Organisation

Ministry of Health and Family Welfare

### ROR

<https://ror.org/05256fm24>

## Funder(s)

### Funder type

Government

### Funder Name

Ministry of Health and Family Welfare, Bangladesh

## Results and Publications

### Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are available from the corresponding author on reasonable request  
[doctorbiplob@gmail.com](mailto:doctorbiplob@gmail.com)

### IPD sharing plan summary

Available on request

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	Participant information sheet	01/10/2025	21/10/2025	Yes	No
<a href="#">Other files</a>			04/05/2022	No	No
<a href="#">Other files</a>			04/05/2022	No	Yes
<a href="#">Participant information sheet</a>			04/05/2022	No	Yes
<a href="#">Participant information sheet</a>		11/11/2025	11/11/2025	No	Yes
<a href="#">Protocol file</a>		12/04/2022	04/05/2022	No	No