# Expert patients as a coach in a selfmanagement program for newly diagnosed patients with diabetes type two: a randomised controlled trial

Submission date	Recruitment status	[X] Prospectively registered
30/05/2007	No longer recruiting	☐ Protocol
Registration date	Overall study status	Statistical analysis plan
30/05/2007	Completed	[X] Results
Last Edited	Condition category	Individual participant data
06/08/2021	Nutritional, Metabolic, Endocrine	

### Plain English summary of protocol

Not provided at time of registration

## Contact information

## Type(s)

Scientific

#### Contact name

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## Additional identifiers

**Protocol serial number** N/A

# Study information

#### Scientific Title

Expert patients as a coach in a self-management program for newly diagnosed patients with diabetes type two: a randomised controlled trial

#### Acronym

DIO

### Study objectives

- 1. Self-management coaching by an expert patient leads to more control and better quality of life in newly diagnosed patients with diabetes type two
- 2. Self-management coaching by an expert patient leads to better coping in newly diagnosed patients with diabetes type two
- 3. Self-management coaching by an expert patient leads to better quality of care in newly diagnosed patients with diabetes type two

#### Ethics approval required

Old ethics approval format

#### Ethics approval(s)

Not provided at time of registration

#### Study design

Randomised, single blinded, active controlled, parallel group trial

#### Primary study design

Interventional

### Study type(s)

Quality of life

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

Diabetes Mellitus type 2

#### **Interventions**

Self-management coaching by an expert patient:

Patient-tailored information and counselling about diabetes and its consequences for functioning and lifestyle.

200 patients, included in the study within one year, will be randomised and stratified for sex. Patients in the experimental group (N = 100) are coached by an expert patient for three months. A self-management program is used with a focus on diet and physical activity. The coaching is given additional to the usual care by the general practitioner, dietician and diabetic nurse.

Before, three and six months after the intervention, all patients complete a questionnaire about quality of life, quality of care, self-efficacy, self-management behaviour and coping.

#### Intervention Type

Other

#### Phase

**Not Specified** 

#### Primary outcome(s)

Self-efficacy.

## Key secondary outcome(s))

- 1. Quality of life
- 2. Coping
- 3. Self-management behaviour
- 4. Quality of care

### Completion date

01/04/2009

# **Eligibility**

### Key inclusion criteria

- 1. Patients with diabetes type two
- 2. Good understanding of Dutch language

## Participant type(s)

**Patient** 

## Healthy volunteers allowed

No

### Age group

**Not Specified** 

#### Sex

**Not Specified** 

#### Total final enrolment

133

### Key exclusion criteria

- 1. Impaired cognitive function
- 2. Belonging to minority group for which separate intervention is needed (Turkish, Moroccan, etc.)

#### Date of first enrolment

15/09/2007

#### Date of final enrolment

01/04/2009

## Locations

#### Countries of recruitment

Netherlands

Study participating centre
University Medical Centre Utrecht (UMCU)
Utrecht
Netherlands
3508 TA

# Sponsor information

### Organisation

University Medical Centre Utrecht (UMCU) (The Netherlands)

#### **ROR**

https://ror.org/04pp8hn57

# Funder(s)

### Funder type

Research organisation

#### **Funder Name**

Diabetes Research Fund (The Netherlands)

## **Results and Publications**

Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

## **Study outputs**

Output typeDetailsDate createdDate addedPeer reviewed?Patient-facing?Results article01/10/201206/08/2021YesNo