

# A feasibility study of WATCH IT: a community intervention to reduce morbidity in obese children

**Submission date**  
20/07/2007

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
08/08/2007

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
04/10/2017

**Condition category**  
Nutritional, Metabolic, Endocrine

☐ Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Study website

<http://www.watch-it.org.uk>

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

## Secondary identifying numbers

078174/Z/05/Z

# Study information

## Scientific Title

A feasibility study of WATCH IT: a community intervention to reduce morbidity in obese children - a randomised controlled trial

## Acronym

WATCH IT

## Study objectives

This is a phase II trial which aims to assess the feasibility of conducting a definitive multicentre randomised controlled trial of the WATCH IT community programme for obese children.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Approval received from Leeds West Ethics Research Committee on the 3rd May 2006 (ref: O6/Q1205/14).

## Study design

Randomised controlled trial

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Quality of life

## Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

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

Childhood obesity

## Interventions

The intervention is a community based programme to tackle obesity through one-to-one and group sessions. The control group is a 12 month wait list control.

**Intervention Type**

Other

**Phase**

Phase II

**Primary outcome measure**

The primary outcome is adiposity at 12 months. This will be assessed using % body fat by Dual Energy X-ray Absorptiometry (DEXA) scan, which will also provide more detailed outcomes relating to body fat: namely total and % fat mass, and total and % lean tissue, given as overall measures and broken down by region (abdomen, trunk, legs, arms).

**Secondary outcome measures**

Secondary outcomes of adiposity will be obtained from bioimpedance, BMI SD score and waist circumference at 6 and 12 months. Other secondary outcomes relate to feasibility (e.g. recruitment rate, attrition, acceptability etc.) plus, biomedical markers of morbidity, lifestyle, psychological measures and physical fitness.

**Overall study start date**

01/10/2006

**Completion date**

01/07/2008

**Eligibility****Key inclusion criteria**

Young people aged 8 - 15 years with a BMI (Body Mass Index) above the 98th centile are eligible provided they and their principal carer have fluent English.

**Participant type(s)**

Patient

**Age group**

Child

**Lower age limit**

8 Years

**Upper age limit**

15 Years

**Sex**

Not Specified

**Target number of participants**

70

**Key exclusion criteria**

1. Siblings of enrolled participants
2. Learning difficulties to a degree that precludes grasping the cognitive component of the programme
3. Recent initiation of obesity reduction medication (for example, orlistat, metformin and sibutramine)
4. Young people with a medical cause for obesity or a psychiatric morbidity

**Date of first enrolment**

01/10/2006

**Date of final enrolment**

01/07/2008

## **Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Belmont House Paediatrics (Leeds Primary Care Trust)**

3-5 Belmont House

Leeds

United Kingdom

LS2 9DE

## **Sponsor information**

**Organisation**

University of Leeds (UK)

**Sponsor details**

Woodhouse Lane

Leeds

England

United Kingdom

LS2 9JT

**Sponsor type**

University/education

**Website**

<http://www.leeds.ac.uk/>

ROR

<https://ror.org/024mrx33>

## Funder(s)

### Funder type

Charity

### Funder Name

The Wellcome Trust (UK) (grant ref: 078174)

## Results and Publications

### Publication and dissemination plan

Not provided at time of registration

### Intention to publish date

### 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?
<a href="#">Results article</a>	pilot study results	01/09/2006		Yes	No
<a href="#">Results article</a>	RCT results	01/12/2011		Yes	No