

DESMOND (Diabetes Education and Self Management for Ongoing and Newly Diagnosed) Monitoring Study

Submission date 24/12/2009	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 18/05/2010	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 27/10/2022	Condition category Nutritional, Metabolic, Endocrine	<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
1

Study information

Scientific Title

Does self-monitoring of blood glucose as opposed to urinalysis provide additional benefit to newly diagnosed individuals with Type 2 diabetes receiving structured education?

Study objectives

To compare the effectiveness of urine and blood glucose monitoring strategies, when taught as part of a structured education programme, on glycaemic control in patients newly diagnosed with Type 2 diabetes. The measure of glycaemic control will be level of HbA1c in the blood 18 months after attending the programme.

Please note, as of 03/11/2011 the anticipated start and end dates have been updated. The previous dates were as follows:

Original start date: 01/12/2009

Original end date: 01/03/2010

Ethics approval required

Old ethics approval format

Ethics approval(s)

Cambridgeshire 1 Research Ethics Committee approved on the 6th February 2008 (ref: 07/H0304/129)

Study design

Multicentre cluster randomised controlled trial with randomisation at practice level

Primary study design

Interventional

Study type(s)

Other

Health condition(s) or problem(s) studied

Type 2 diabetes (newly diagnosed)

Interventions

DESMOND structured group education programme. This is a 7 hour programme (two sessions of 3.5 hours each) which includes a session on self monitoring (blood or urine depending on randomisation of people attending)

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

HbA1c measured at 18 month follow-up

Key secondary outcome(s))

1. Blood cholesterol
2. Body weight

3. Blood pressure
4. Waist circumference
5. Lifestyle (smoking and physical activity)
6. Questionnaire tools listed below
 - 6.1. Diabetes Treatment Satisfaction Questionnaire
 - 6.2. Well Being Questionnaire - 28
 - 6.3. EQ-5D
 - 6.4. Confidence in Self Care (CIDS)
 - 6.5. Brief Diabetes Perceptions Questionnaire
 - 6.6. Short Form 36 questionnaire
 - 6.7. Summary of Diabetes Self Care Activities

Completion date

21/12/2011

Eligibility

Key inclusion criteria

1. Age over 18 years
2. Newly diagnosed and able to attend a DESMOND course within 12 weeks of diagnosis
3. Capable of giving informed consent
4. Primarily responsible for their own care
5. Able to participate in a group programme
6. Can understand both written and spoken English

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Total final enrolment

292

Key exclusion criteria

1. Severe medical problems (eg severe heart failure, advanced cancer) that would result in the patient gaining no benefit from attending an education programme. This will be at the discretion of the general practitioner.
2. Taking part in another research study

Date of first enrolment

28/09/2008

Date of final enrolment

21/12/2011

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Professor of Clinical Diabetes

Sheffield

United Kingdom

S10 2RX

Sponsor information

Organisation

University Hospitals of Leicester (UK)

ROR

<https://ror.org/02fha3693>

Funder(s)

Funder type

Charity

Funder Name

Diabetes UK (UK)

Alternative Name(s)

The British Diabetic Association, DIABETES UK LIMITED, British Diabetic Association

Funding Body Type

Private sector organisation

Funding Body Subtype

Trusts, charities, foundations (both public and private)

Location

United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

Not provided at time of registration

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		01/03/2015	27/10/2022	Yes	No
Protocol article	protocol	14/03/2012		Yes	No
Other publications	educators' views	09/01/2014		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes