

# Empowering Parents to Prevent Obesity at Weaning

<b>Submission date</b> 19/05/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 19/05/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 23/11/2010	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<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**  
4880

## Study information

**Scientific Title**  
Empowering Parents to Prevent Obesity at Weaning - Exploratory Research: Royal College of Paediatrics and Child Health (RCPCH) pilot and feasibility study

**Acronym**  
EMPOWER

## **Study objectives**

This is a Department of Health funded study to test the feasibility of a programme designed to prevent obesity at weaning (EMPOWER). The study is being conducted by researchers at the Universities of Warwick and Leeds.

The aims are as follows:

1. To pilot an intervention developed by the Royal College of Paediatrics and Child Health and the Child Health Obesity Group
2. Ascertain the feasibility and acceptability of the intervention and prepare for a randomised controlled trial (RCT) to determine clinical effectiveness

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

South Birmingham Ethics Committee approved on the 1st June 2007 (ref: 07/Q2707/114)

## **Primary study design**

Interventional

## **Study design**

Multicentre randomised interventional treatment trial

## **Study type(s)**

Treatment

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

Topic: Generic Health Relevance and Cross Cutting Themes, Primary Care Research Network for England; Subtopic: Not Assigned, Generic Health Relevance (all Subtopics); Disease: All Diseases, Public Health Research

## **Interventions**

Pilot study (9 months, n = 16):

The pilot will take place at two locations: Leeds and Warwick and will be delivered by two specially trained health visitors. The aim will be for each health visitor to work with 8 families at each site. The outcome measures provisionally selected for use in the feasibility trial will be administered at baseline and at 6 months, by the health visitor. In-depth interviews will be conducted with the health visitors, service providers and participating families twice during the pilot phase and will explore user and provider satisfaction; perceptions about the acceptability of the intervention, its content, its usefulness and the quality of the resources; and the outcome measures. This data will be used to modify and enhance the programme. Process data will also be collected regarding recruitment, number of sessions received by each participant etc. The results of this analysis will contribute to an understanding of the acceptability and feasibility of the intervention, and will also help shape the recruitment strategy for the feasibility trial.

Exploratory trial (24 months, n = 64):

This stage of the study will involve and assessing the feasibility of conducting a randomised controlled trial. Of the intervention by delivering the intervention to a group of 32 infants and 32 control infants (at the above two locations) The following data will be collected:

1. Process data - qualitative and quantitative data from participating families concerning the intervention such as number of sessions received by each participant, drop-out, satisfaction with

the intervention etc

2. Quantitative data
3. Qualitative data - in-depth interviews with families and service providers
4. Cost data

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome(s)**

1. Recruitment rate and acceptability of randomisation
2. Acceptability of the trial methodology

Data collection periods are at baseline (when the infant is 4 - 6 weeks old), when the infant is 9 months old, and again at 18 months of age. The primary outcomes will be assessed quantitatively at recruitment as well as qualitatively at the end of the trial.

### **Key secondary outcome(s)**

Infant outcomes:

1. Infant weight gain on scales
2. Infant diet: diet and eating behaviour questionnaire
3. Eating pattern

Parental outcomes:

1. Maternal weight and body mass index (BMI)
2. Maternal and family diet: food frequency questionnaire

Data collection periods are at baseline (when the infant is 4 - 6 weeks old), when the infant is 9 months old, and again at 18 months of age. The secondary outcomes will be analysed against baseline at the two timepoints mentioned above.

### **Completion date**

30/09/2011

## **Eligibility**

### **Key inclusion criteria**

1. Women with a pre-pregnancy body mass index (BMI) of greater than or equal to 35 kg/m<sup>2</sup>
2. Aged 16 years or over
3. Able to understand and communicate in English
4. Live within the Primary Care Trusts (PCT) area recruiting for the study (namely Leeds PCT and Heart of Birmingham PCT)

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

Female

**Key exclusion criteria**

1. Obesity has a medical cause
2. Develop pre-eclampsia or gestational diabetes during their pregnancy
3. Baby is born with any birth defects
4. Infant is on the child protection register
5. The woman has learning difficulties and is unable to fully understand the requirements of the study, or the woman's comprehension of English is insufficient to enable her to fully understand the study requirements

**Date of first enrolment**

01/09/2007

**Date of final enrolment**

30/09/2011

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Gibbet Hill Road**

Coventry

United Kingdom

CV4 7AL

**Sponsor information****Organisation**

Department of Health (UK)

**ROR**

<https://ror.org/03sbpja79>

**Funder(s)**

**Funder type**  
Government

**Funder Name**

Department of Health (UK) - National Service Framework (NSF) for Children, Young People and Maternity Services

## 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?
<a href="#">Results article</a>	Results of programme acceptability study	01/11/2010		Yes	No