

# An intervention to decrease sedentary behaviour in young adults at risk of type 2 diabetes: project STAND (sedentary time and diabetes)

<b>Submission date</b> 22/02/2011	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 22/02/2011	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Protocol
<b>Last Edited</b> 20/10/2017	<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

**Contact name**  
Dr Emma Wilmot

**Contact details**  
Leicester Royal Infirmary , Infirmary Square  
Leicester  
United Kingdom  
LE1 5WW  
-  
emma.wilmot@uhl-tr.nhs.uk

## Additional identifiers

**Protocol serial number**  
8347

## Study information

**Scientific Title**

An intervention to decrease sedentary behaviour in young adults at risk of type 2 diabetes: project STAND (sedentary time and diabetes)

**Acronym**

DRN 465 (STAND)

**Study objectives**

An intervention to decrease sedentary behaviour in young adults at risk of Type 2 Diabetes Mellitus

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

10/H0403/13; First MREC approval date 07/05/2010

**Study design**

Randomised interventional process of care

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Topic: Diabetes Research Network, Primary Care Research Network for England; Subtopic: Type 2, Not Assigned; Disease: All Diseases, Education

**Interventions**

Structured education, based on the PREPARE and DESMOND programmes, with the aim of reducing sedentary behaviour. The structured education programme will incorporate movement technology to facilitate participant feedback and self-monitoring.

**Intervention Type**

Behavioural

**Primary outcome(s)**

Reduced sedentary behaviour measured by an accelerometer at 12 months

**Key secondary outcome(s)**

Not provided at the time of registration

**Completion date**

28/02/2013

**Eligibility**

**Key inclusion criteria**

1. Age 18-40 years with a BMI >30 (>27.5 for South Asian participants) or age 18-40 years with a BMI >25 (>23 for South Asian participants) plus one additional risk factor:
  - 2.1. Family history of diabetes or cardiovascular disease (in a first degree relative)
  - 2.2. Previous gestational diabetes
  - 2.3. Polycystic ovarian syndrome
  - 2.4. HbA1c >5.8% or previous impaired glucose regulation

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Upper age limit**

40 years

**Sex**

All

**Key exclusion criteria**

1. Physical condition which limits full participation in the study
2. Active psychotic illness or an significant illness which, in the view of the investigators, would prevent full participation
3. Steroid use
4. Inability to communicate in verbal and written English
5. Diabetes

**Date of first enrolment**

17/11/2010

**Date of final enrolment**

28/02/2013

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

United Kingdom

England

**Study participating centre**

**Leicester Royal Infirmary**  
Infirmary Square  
Leicester  
United Kingdom  
LE1 5WW

## Sponsor information

### Organisation

University Hospitals of Leicester NHS Trust (UK)

### ROR

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

## Funder(s)

### Funder type

Research council

### Funder Name

Medical Research Council (UK)

### Alternative Name(s)

Medical Research Council (United Kingdom), UK Medical Research Council, Medical Research Committee and Advisory Council, MRC

### Funding Body Type

Government organisation

### Funding Body Subtype

National government

### Location

United Kingdom

## 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	01/05/2013		Yes	No
<a href="#">Results article</a>	results	01/12/2015		Yes	No
<a href="#">Protocol article</a>	protocol	08/12/2011		Yes	No
<a href="#">Other publications</a>	process evaluation	14/01/2017		Yes	No