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

Submission date
22/02/2011

Recruitment status
No longer recruiting

Registration date
22/02/2011

Overall study status
Completed

Last Edited
20/10/2017

Condition category
Nutritional, Metabolic, Endocrine

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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
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

Primary study design
Interventional

Study design
Randomised interventional process of care

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?
Results article	results	01/05/2013		Yes	No
Results article	results	01/12/2015		Yes	No
Protocol article	protocol	08/12/2011		Yes	No
Other publications	process evaluation	14/01/2017		Yes	No