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The effect of text reminders on the uptake of the NHS Diabetes Prevention Programme after gestational diabetes

Submission date
03/11/2025

Recruitment status
Not yet recruiting

Registration date
23/07/2026

Overall study status
Ongoing

Last Edited
23/07/2026

Condition category
Pregnancy and Childbirth

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[X] Record updated in last year

Plain English summary of protocol

Background and study aims
The NHS Diabetes Prevention Programme (NHS-DPP) is a nine-month course that supports people who are at high risk of developing type 2 diabetes. It helps them lower their risk and improve their long-term health. Women who have had gestational diabetes—a type of diabetes that starts during pregnancy—are much more likely to develop type 2 diabetes later in life. Although they are eligible for the NHS-DPP, many do not attend. This study tests whether sending reminder text messages to these women increases the number who join and complete the programme.

Who can participate?
Women with a previous diagnosis of gestational diabetes who are registered with a participating GP practice may be included in the study.

What does the study involve? (for participants)
Participants may receive a text message from their GP practice encouraging them to join the NHS-DPP. They do not need to do anything else for the study, and their usual care continues as normal.

What are the possible benefits and risks of participating?
Joining the NHS-DPP may help reduce the risk of developing type 2 diabetes and improve overall health. There are no known risks from receiving the text message, and taking part in the programme is voluntary.

Where is the study run from?
University of Oxford (UK)

When is the study starting and how long is it expected to run for?
July 2026 to September 2028

Who is funding the study?
British Diabetic Association

Who is the main contact?
Moscho Michalopoulou, moscho.michalopoulou@phc.ox.ac.uk

Contact information

Type(s)
Public, Scientific

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Type(s)
Principal investigator

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Additional identifiers

Integrated Research Application System (IRAS)
346821

Central Portfolio Management System (CPMS)
64610

Study information

Scientific Title
A cluster trial to increase uptake of the NHS-DPP in women with a history of gestational diabetes mellitus (GDM)

Acronym
ACT-UP

Study objectives
Primary:
In women with a history of gestational diabetes, determine if sending text reminders changes uptake of the NHS Diabetes Programme, compared with current standard practice

Secondary:
1. In women with a history of gestational diabetes, to determine if receiving text reminders changes referral to the NHS Diabetes Prevention Programme, compared with current standard practice
2. In women with a history of gestational diabetes, to determine if receiving text reminders changes the number of NHS Diabetes Prevention Programme sessions attended compared with current standard practice
3. In women with a history of gestational diabetes, to determine if receiving text reminders changes the completion of the NHS Diabetes Prevention Programme compared to current standard practice
4. In women with a history of gestational diabetes, to explore heterogeneity in referral, uptake, attendance and completion of the NHS Diabetes Prevention Programme by characteristics such as patient age, ethnicity, socioeconomic status

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 01/10/2025, Medical Sciences Interdivisional Research Ethics Committee (MS IDREC) (Nuffield Department of Primary Care Health Sciences, Radcliffe Primary Care Building, Woodstock Road, Oxford, OX2 6GG, United Kingdom; -; ethics@medsci.ox.ac.uk), ref: 2079895, 25/HRA/2166

Primary study design
Interventional

Study design
Interventional randomized controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Gestational diabetes mellitus

Interventions
Practices randomised into the intervention arm will also nominate a member of the administration staff to attend a one-hour training session on running the search and sending the text messages. Once the search is completed, practices will send the target patients the first

text message. This initial text message will establish that (1) the patients are at an increased risk of T2DM and heart disease due to their GDM diagnosis, and (2) that by self-referring themselves into the NHS-DPP they will be able to get help with implementing lifestyle changes that help to mitigate this risk. Importantly, the messages will include patients' NHS numbers for them to include this in their self-referral form. Two weeks after the first text message is sent, a second text message will be sent, reminding patients to self-refer and of their NHS numbers.

Anonymised individual-level data will be obtained through the practices and/or NHS-DPP database. The outcomes regarding patient attendance and referral rates will be obtained on (a) the total number of women in the practice that have had a GDM diagnosis, (b) whether these patients have a recorded referral to the NHS-DPP (c) the number of sessions attended by target patients. The final dataset will be requested at the end of follow-up for all practices (15-month follow up per practice). In this study, baseline is defined as uptake of the programme three months prior to randomisation. As for follow-up, this is defined here as being fifteen months after running the search for control practices, or fifteen months after the date of the second text message for intervention practices.

Intervention Type
Behavioural

Primary outcome(s)
Uptake, defined as attendance of at least one session of the NHS Diabetes Prevention Programme, measured 3 months after sending the text messages for practices in the intervention arm and 3 months after the database search for practices in the control arm

Key secondary outcome(s)
1. The number of women with a history of gestational diabetes referred to the NHS Diabetes Prevention Programme, measured 3 and 15 months after sending the text messages for practices in the intervention arm, or 15 months after the database search for practices in the control arm
2. The number of NHS Diabetes Prevention Programme sessions attended by each patient measured 3 and 15 months after sending the text messages for practices in the intervention arm, or 15 months after the database search for practices in the control arm
3. Anonymised patient data on age, ethnicity, and socioeconomic status, measured 3 and 15 months after sending the text messages for practices in the intervention arm, or 15 months after the database search for practices in the control arm

Completion date
01/09/2028

Eligibility

Key inclusion criteria
General practices:
1. Practice has at least 5000 patients registered

All practices will be asked to run a search of their patient records for women who meet the inclusion criteria and do not meet the exclusion criteria. The inclusion criteria are:
1. Women
2. Aged 18 years or over
3. Any history of GDM

Healthy volunteers allowed
No

Age group
Mixed

Lower age limit
18 Years

Upper age limit
120 Years

Sex
Female

Total final enrolment
0

Key exclusion criteria
The practices may not enter the study if the following apply:
1. Practice identifies less than 8 eligible patients
2. Practice currently sends reminders to women with a history of GDM to refer to the NHS-DPP
3. Taking part in another research study or service evaluation exploring the use of reminders to increase the uptake of NDPP to women with a history of GDM

All practices will be asked to run a search of their patient records for women who meet the inclusion criteria and do not meet the exclusion criteria. The exclusion criteria are:
1. Recorded history of any other diabetes
2. Previously referred to or attended the NHS-DPP
3. Have a diagnosis of non-diabetic hyperglycaemia in the past 12 months
4. Have requested not to be contacted via SMS by their GP practice
5. Receiving palliative care
6. Have opted out of use of their data for research purposes
7. Any other reason for which the GP practice judges it is not appropriate to target the patient as part of this trial

Date of first enrolment
27/07/2026

Date of final enrolment
01/05/2027

Locations

Countries of recruitment
United Kingdom

Study participating centre

Freeman Road Hospital
Freeman Road
High Heaton
Newcastle upon Tyne
England
NE7 7DN

Study participating centre
St James's University Hospital
Beckett Street
Leeds
England
LS9 7TF

Study participating centre
Manchester University NHS Foundation Trust
Cobbett House
Oxford Road
Manchester
England
M13 9WL

Study participating centre
Leicester Royal Infirmary
Infirmary Square
Leicester
England
LE1 5WW

Study participating centre
New Cross Hospital
Wolverhampton Road
Heath Town
Wolverhampton
England
WV10 0QP

Study participating centre
Norfolk & Norwich University Hospital
Colney Lane
Colney

Norwich
England
NR4 7UY

Study participating centre
Barts Health NHS Trust
The Royal London Hospital
80 Newark Street
London
England
E1 2ES

Study participating centre
Guy's and St Thomas' NHS Foundation Trust
St Thomas' Hospital
Westminster Bridge Road
London
England
SE1 7EH

Study participating centre
Southampton General Hospital
Tremona Road
Southampton
England
SO16 6YD

Study participating centre
Royal Surrey County Hospital
Egerton Road
Guildford
England
GU2 7XX

Study participating centre
University Hospitals Bristol and Weston NHS Foundation Trust
Trust Headquarters
Marlborough Street
Bristol
England
BS1 3NU

Study participating centre
Royal Devon & Exeter Foundation Hospital
Barrack Road
Exeter
England
EX2 5DW

Sponsor information

Organisation
University of Oxford

ROR
https://ror.org/052gg0110

Funder(s)

Funder type
Research organisation

Funder Name
The British Diabetic Association

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Data sharing statement to be made available at a later date