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Positive Online Weight Reduction (POWeR) in the workplace: an observational study of a web and smartphone-delivered weight management intervention

Submission date
07/08/2013

Recruitment status
No longer recruiting

Registration date
18/09/2013

Overall study status
Completed

Last Edited
03/03/2017

Condition category
Nutritional, Metabolic, Endocrine

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol

Background and study aims
POWeR stands for Positive Online Weight Reduction. It is a website-based weight management programme, developed by researchers and health professionals at the University of Southampton. The aim of this study is to look at how POWeR is used and whether it helps people to lose weight.

Who can participate?
Adults in participating worksites who are overweight and who have access to the internet on a regular basis

What does the study involve?
Participants register by creating an account with POWeR and complete some brief online questionnaires. They are then granted access to the POWeR website. The POWeR website is a series of online modules which the participant is encouraged to complete on a weekly basis. The POWeR intervention guides and supports users in changing their eating and physical activity. There are no strict dietary or exercise prescriptions; participants set themselves achievable, graded goals. Every session comprises self-monitoring, goal setting and tailored feedback on progress. Additional content of sessions are around topics such as fitting weight management into daily life, emotional triggers for eating and gaining social support. Each session ends with personalised links to good online sources of information and advice about different aspects of weight management. Skills and strategies developed in the sessions are saved for the user to access later - their 'POWeR tools'. Participants who have smartphones can download an accompanying POWeR app to track their goals and progress. After 8 weeks all participants are sent an email asking them to complete some questionnaires about their weight and their experiences of using POWeR. Some users are invited to talk to the researchers by phone in detail about how they got on with POWeR.

What are the possible benefits and risks of participating?
Participants who follow the POWeR programme are likely to lose weight in a safe and gradual way. Risks to participants are not expected. Potential users with serious health problems are asked to check with their doctor about the suitability of making dietary and exercise changes before making such changes. Participants are directed to their doctor in the case of any health concerns arising during the study.

Where is the study run from?
The study is run from the University of Southampton but people take part via a website so can do this from their own home, workplace or other convenient location.

Who is funding the study?
Engineering and Physical Sciences Research Council (EPSRC) (UK)

When is the study starting and how long is it expected to run for?
October 2012 to December 2015

Who is the main contact?
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
6155

Study information

Scientific Title
Uptake and usage of a web and smartphone-delivered weight management intervention by overweight/obese adults in UK workplaces

Study objectives
This study rolls out a web-based intervention in a real-life context to examine research questions centering around: demographic and employment-related predictors of usage, satisfaction with the web and smartphone elements of the intervention, and the role of the workplace climate in engaging with the intervention, and self-reported weight loss.

Ethics approval required
Old ethics approval format

Ethics approval(s)
University of Southampton Ethics Committee, 09/05/2013, ref: 5992

Primary study design
Observational

Study design
Observational study

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Overweight/obesity

Interventions
Web-based intervention is offered to employees in participating UK workplaces.

The POWeR website is a series of online modules which the participant is encouraged to complete on a weekly basis. The POWeR intervention guides and supports users in changing their eating and physical activity. Every session comprises self-monitoring, goal setting and tailored feedback on progress. Additional content of sessions are around topics such as fitting weight management into daily life, emotional triggers for eating and gaining social support. Each session concludes with personalised links to good online sources of information and advice about different aspects of weight management. Skills and strategies developed in the sessions are saved for the user to access later; their 'POWeR tools'. Participants who have smartphones can download an accompanying POWeR app to track their goals and progress.

Data collection at baseline (registration) and 8 weeks.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Participants' use of POWeR weight management website (objective data, recorded by the online intervention). Data collection at baseline (registration) and 8 weeks.

Key secondary outcome(s)
Satisfaction with the website and (where relevant) smartphone app

Other measures of interest include:
1. Satisfaction with the website (Yardley et al. 2010)
2. Use of the POWeR intervention within the workplace context (questionnaire created specifically for this study)
3. Workplace weight related social norms (Lemmon et al. 2013)
4. Workplace health climate (Ribisl & Reischl, 1993)
5. Self-reported weight loss (kg)

Data collection at baseline (registration) and 8 weeks.

Completion date
31/12/2015

Eligibility

Key inclusion criteria
1. Adults (male and female), aged 18 or older
2. Self-reported body mass index (BMI) >23
3. Able to access the internet on a regular basis
4. Able and willing to weigh self once per week

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
All

Key exclusion criteria
Potential participants with health conditions that influence their diet or physical activity are advised to check with their GP before taking part

Date of first enrolment
01/01/2014

Date of final enrolment
31/12/2014

Locations

Countries of recruitment

United Kingdom

England

Study participating centre
University of Southampton
University Road
Southampton
United Kingdom
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Sponsor information

Organisation
University of Southampton (UK)

ROR
https://ror.org/01ryk1543

Funder(s)

Funder type
Research council

Funder Name
Engineering and Physical Sciences Research Council - Project UBhave: ubiquitous and social computing for positive behaviour change, ref: EP/I032673/1

Alternative Name(s)
UKRI Engineering and Physical Sciences Research Council, Engineering and Physical Sciences Research Council - UKRI, Engineering & Physical Sciences Research Council, Science Research Council, Science and Engineering Research Council, EPSRC, SRC, SERC

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

Anonymised participant-level data from the trial will be made available following publication. This data will deposited in the University of Southampton data repository and will be accessible to bona fide researchers on request.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Basic results		01/02/2017	03/03/2017	No	No