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Supporting weight-loss maintenance after GLP-1 therapy

Submission date
20/11/2026

Recruitment status
Not yet recruiting

Registration date
27/11/2026

Overall study status
Ongoing

Last Edited
23/11/2026

Condition category
Nutritional, Metabolic, Endocrine

[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
Weight loss medications can help people lose weight, but many people find it difficult to maintain their weight loss after stopping treatment. Weight regain is common, and more research is needed to understand how best to support people during this transition.

This study aims to find out whether a 12-month weight maintenance support programme can help people maintain their weight loss after stopping weight loss medication. The programme provides additional health coaching, educational content and support if participants begin to regain weight.

The study will compare this additional support with the usual support available through the Second Nature app to find out whether it helps people maintain their weight loss.

Who can participate?
Healthy adults may be able to take part if they are participating in the Specialist Weight Management Programme delivered by Second Nature, are approaching the end of their programme and have lost at least 5% of their starting body weight during the programme.

What does the study involve?
Eligible participants will be invited to take part before completing their programme. Participation is voluntary and choosing not to take part will not affect the care or support they receive.

Participants will take part in the study for 12 months. At the start of the study, they will complete online questionnaires and record their weight using digital weighing scales. This will take approximately 30 minutes.

Participants will then be randomly assigned by a computer to one of two groups:
Weight maintenance support group: Participants will continue to have access to the Second Nature app and will also receive monthly group coaching sessions and weekly educational

content focused on maintaining weight loss. Their weight measurements will be monitored automatically, and a health coach will contact them to offer additional support if they begin to regain weight.

Comparison group: Participants will continue to have full access to the Second Nature app, including educational content, recipes and weight-tracking tools, but will not receive the additional weight maintenance support being tested.

All participants will be asked to complete further online questionnaires and record their weight at 6 and 12 months. These will take approximately 20 minutes each time. The questionnaires will ask about eating behaviours, physical activity, quality of life, mood and wellbeing, and work productivity. With participants' consent, relevant information already collected through their Second Nature programme will also be used in the research.

Some participants receiving the additional support will also be invited to take part in an optional video interview at around 6 months. This will last up to 50 minutes and will explore their experiences of the programme.

Participants will receive a £20 voucher for completing the questionnaires at 6 months and another £20 voucher at 12 months. Those who complete an optional interview will receive an additional £25 voucher.

All participants will retain access to the Second Nature app after the study ends.

What are the possible benefits and risks of participating?
Participants receiving the additional support may find it helpful for maintaining their weight loss after stopping medication, although there is no guarantee that they will benefit personally. The study may help researchers understand how to better support people after weight loss medication and improve weight management programmes in the future.

There are no additional medications or medical procedures involved in this study. However, some participants may find questions about their weight, eating habits or mental health uncomfortable. Participants receiving the additional support will also need to spend time engaging with educational content and coaching sessions.

Stopping weight loss medication can be associated with increased hunger, changes in appetite and weight regain. These changes may occur regardless of whether someone takes part in the study.

If questionnaire responses suggest that a participant may need additional mental health support, a member of the research team will contact them. Where there are serious concerns about someone's safety, the research team may need to contact an appropriate healthcare professional.

Participation is voluntary, and participants can withdraw at any time without affecting their usual care or support.

Where is the study run from?
The study is organised and managed by Second Nature, which delivers the Specialist Weight Management Programme. Study activities, including questionnaires, weight monitoring, coaching sessions and optional interviews, will take place remotely through online platforms and the Second Nature app.

When is the study starting and how long is it expected to run for?
The study will begin recruitment in March 2027, with the first participant starting in April 2027. Recruitment will end in December 2027, with 12-month follow-up concluding by December 2028.

Who is funding the study?
The study is sponsored and funded by Second Nature, the organisation providing the weight management programme.

Who is the main contact?
Dr Rachel Hall, Chief Investigator and Principal Doctor at Second Nature, rachel@secondnature.io

Contact information

Type(s)
Principal investigator, Public

Contact name
Dr Rachel Hall

ORCID ID
https://orcid.org/0009-0001-9438-2219

Contact details
Scale Space White City
58 Wood Lane
London
United Kingdom
W12 7RZ
+44 (0)7881944505
rachel@secondnature.io

Type(s)
Scientific

Contact name
Dr Gina Wren

ORCID ID
https://orcid.org/0000-0001-9262-7043

Contact details
Nuffield Department of Primary Care Health Sciences
Oxford
United Kingdom
OX2 6GG
+44 (0)1865 617855
gina.wren@phc.ox.ac.uk

Additional identifiers

Integrated Research Application System (IRAS)
374835

Study information

Scientific Title
Post-programme behavioural support for weight-loss maintenance following specialist weight management services: a randomised controlled trial

Study objectives
Primary objective:
1. To compare the effect of a weight maintenance support programme versus no-treatment control on body weight (kg) at 12 months after randomisation

Secondary Objectives:
1. To compare the effect of a weight maintenance support programme versus no-treatment control on body weight (kg) at 6 months after randomisation
2. To compare the effect of a weight maintenance support programme versus no-treatment control on emotional eating (EEQ) at 6 and 12 months
3. To compare the effect of a weight maintenance support programme versus no-treatment control on physical activity (IPAQ), at 6 and 12 months
4. To assess the effect of a weight maintenance support programme versus no-treatment control on in quality of life (EQ-5D) at 6 and 12 months
5. To compare the effect of a weight maintenance support programme versus no-treatment control on depressive symptoms (PHQ-9) at 6 and 12 months
6. To compare the effect of a weight maintenance support programme versus no-treatment control on work productivity (WPAI) at 6 and 12 months

Process objectives:
1. To assess engagement with the intervention over 12 months, including educational module access, group coaching attendance, health coach interactions and weight-regain escalation events
2. To examine the use of additional weight management support, including restarting weight-loss medication and accessing alternative weight management services
3. To explore participant experiences through feedback questionnaires at 6 and 12 months and interviews at 6 months

Exploratory objective:
1. To investigate whether pre-randomisation weight-loss trajectories, behavioural characteristics and programme engagement are associated with long-term weight-loss maintenance at 12 months

Ethics approval required
Ethics approval required

Ethics approval(s)

Approved 28/10/2026, West Midlands - Solihull Research Ethics Committee (Equinox House City Link, Nottingham, NG2 4LA, United Kingdom; +44 (0)207 104 8191; solihull.rec@hra.nhs.uk), ref: 26/WM/0181

Primary study design
Interventional

Allocation
Randomized controlled trial

Masking
Blinded (masking used)

Control
Active

Assignment
Single

Purpose
Health services research, Prevention

Study type(s)

Health condition(s) or problem(s) studied
Weight loss maintenance

Interventions
Participants will be randomly allocated (1:1) using a computer-generated randomisation sequence to either an enhanced weight maintenance support programme or a control group following completion of a GLP-1-supported weight management programme.

Intervention group: Participants will receive 12 months of enhanced weight maintenance support through the Second Nature digital platform, including:

- Monthly group coaching: One group session per month (12 sessions), led by a Second Nature health coach, covering behavioural, nutritional and psychological strategies for maintaining weight loss.
- Weekly educational content: A 51-week programme of structured weight maintenance education delivered through the Second Nature app or web platform.
- Personalised weight-regain support: Proactive one-to-one coaching via in-app messaging, triggered by weight regain of ≥3% of end-of-treatment body weight or ≥1 kg sustained over two consecutive weeks. Support will include personalised dietary advice, physical activity guidance, goal setting and relapse-prevention strategies.

Control group: Participants will receive usual care, consisting of continued access to the existing Second Nature digital platform, including educational resources, recipes, weight tracking and self-monitoring tools. They will not receive additional maintenance-specific content, scheduled coaching or proactive weight-regain support.

Both groups will be followed up for 12 months. Participants and intervention staff will not be blinded to group allocation, but outcome assessors and statistical analysts will remain blinded.

Intervention Type
Behavioural

Primary outcome(s)
1. Body weight measured using digital weighing scales (kg) at baseline and 12 months

Key secondary outcome(s)
1. Body weight measured using digital weighing scales (kg) at 6 months

2. Emotional eating measured using the Emotional Eater Questionnaire (EEQ) score at baseline, 6 months and 12 months

3. Physical activity measured using the International Physical Activity Questionnaire (IPAQ) at baseline, 6 months and 12 months

4. Health-related quality of life measured using the EuroQol 5-Dimension questionnaire (EQ-5D) score at baseline, 6 months and 12 months

5. Depressive symptoms measured using the Patient Health Questionnaire-9 (PHQ-9) score at baseline, 6 months and 12 months

6. Work productivity and activity impairment measured using the Work Productivity and Activity Impairment (WPAI) questionnaire score at baseline, 6 months and 12 months

Completion date
31/12/2028

Eligibility

Key inclusion criteria
1. Adults aged 18 years or over who have completed in the 2-year Second Nature Specialist Weight Management Programme
2. Lost ≥5% of body weight from the start of the Specialist Weight Management Programme
3. Able and willing to provide written informed consent for participation

Healthy volunteers allowed
Yes

Age group
Mixed

Lower age limit
18 Years

Upper age limit
120 Years

Sex

All

Total final enrolment
0

Key exclusion criteria
1. Unable to understand the study materials and interventions
2. Currently following another weight loss programme (defined as a structured, prescribed and monitored programme and not a self-directed weight loss attempt)
3. Actively having treatment for an eating disorder in last 12 months
4. Diagnosis of hypothyroidism, hyperthyroidism, or thyroid surgery in the last 3 months
5. Pregnant, breastfeeding, or planning to become pregnant during the course of the study
6. History of bariatric surgery, including gastric banding
7. Currently using insulin therapy
8. Proliferative diabetic retinopathy, or maculopathy.
9. Recent myocardial infarction or stroke (<3 months)
10. Renal failure (chronic kidney disease stage 4 or 5)
11. Current active treatment for cancer (other than skin cancer treated with curative intent by local treatment only or prostate or breast cancer on hormonal treatment only)
12. Recent self harm (< 3 months) or recent suicide attempt (< 12 months)

Date of first enrolment
01/03/2027

Date of final enrolment
31/12/2027

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Second Nature Health
483 Green Lanes
London
England
N13 4BS

Sponsor information

Organisation
Second Nature Ltd

Funder(s)

Funder type

Funder Name
Second Nature Ltd

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available