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DESMOND (Diabetes Education and Self Management for Ongoing and Newly Diagnosed): a randomised controlled trial of a structured group education programme for people newly diagnosed with type two diabetes

Submission date
19/04/2007

Recruitment status
No longer recruiting

Registration date
16/05/2007

Overall study status
Completed

Last Edited
30/07/2012

Condition category
Nutritional, Metabolic, Endocrine

[_] Prospectively registered
[_] 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

Contact name
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Additional identifiers

Study information

Scientific Title

Acronym
DESMOND

Study objectives
To evaluate the effectiveness and feasibility of delivering structured group self-management education to individuals newly diagnosed with type two diabetes.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approval received from Multi-centre Research Ethics Committee (MREC) on the 16th June 2004.

Study design
Cluster randomised controlled trial

Primary study design
Interventional

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Self management of type two diabetes

Interventions
A programme of six hours of structured group education consisting of two three-hour sessions offered as either one day or two half-days, facilitated by two health care professionals trained to deliver the intervention to groups of up to ten people newly diagnosed with type two diabetes, who may be accompanied by a partner, family member or friend.

This is compared to a control group receiving enhanced routine care.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Glycaemic control as measured by HbA1c at 12 months.

Key secondary outcome(s))
1. Cardiovascular (CV) risk as measured by lipid profile and blood pressure
2. Quality of life indicators, diabetes control, self-care and illness belief perceptions of patients at 12 months

Completion date
31/01/2007

Eligibility

Key inclusion criteria
1. Greater than 18 years of age
2. Referred to the study within four weeks of diagnosis of type two diabetes
3. In intervention group, able to attend the intervention within 12 weeks of diagnosis

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
Not Specified

Key exclusion criteria
1. Are unable to give informed consent
2. Have been recruited to take part, or are already taking part in other research
3. Have severe and enduring mental health problems
4. Are not primarily responsible for their own care
5. Are unable to participate in a group programme
6. Have insufficient understanding of English to participate in the group education

Date of first enrolment
01/07/2004

Date of final enrolment
31/01/2007

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Leicester Diabetes Centre (Broadleaf)
Leicester
United Kingdom
LE5 4PW

Sponsor information

Organisation
University Hospitals of Leicester NHS Trust (UK)

ROR
https://ror.org/02fha3693

Funder(s)

Funder type
Industry

Funder Name
Diabetes UK (UK) (ref: BDA:RD04/0002922)

Alternative Name(s)
The British Diabetic Association, DIABETES UK LIMITED, British Diabetic Association

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
United Kingdom

Funder Name
Department of Health (UK)

Funder Name
NovoNordisk (UK) - unrestricted educational grant

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	01/03/2008		Yes	No
Results article	results	26/04/2012		Yes	No