

# An electronic tool for the management of overweight children

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<b>Registration date</b> 10/09/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 08/06/2017	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

The aim of this study is to test a new website to improve childhood obesity management in primary care and assess the need for a larger study. The website will guide a practice nurse or general practitioner (GP) through a consultation with an overweight child. It will prompt the health professional to collect information on the child and their lifestyle habits. The tool then uses this information to estimate a child's current risk of having cardiovascular (heart disease) risk factors and emotional/behavioural difficulties, and to provide tailored weight management advice.

### Who can participate?

The study population will be children and parents with concerns about the child's weight (child age range: 5 to 18 years). We intend to recruit four GP practices in London, all of which will use the intervention.

### What does the study involve?

Participants will attend a consultation with a health professional, who will use the website during the consultation. The health professional will take a few simple measurements from the child (height, weight and blood pressure) and will ask a series of questions regarding lifestyle habits. This information will be recorded by the tool, which will then identify children at an increased risk of having weight-related illnesses. The tool will also produce a weight and lifestyle management plan for the child. After the consultation is over, participants and health professionals will be asked to complete questionnaires about their experiences. In addition, individual interviews will be conducted with participants and health professionals to find out about their satisfaction with the consultation process and the acceptability of the website.

### What are the possible benefits and risks of participating?

A potential benefit from taking part in this study is that participants will receive information about health risks and weight management that may help them make healthy lifestyle changes. A possible risk of study participation relates to risk predictions. Because the tool uses a prediction model to estimate a child's risk of having an illness, there is a chance for false positives (identifying a child as high risk when in fact the child is not at high risk) and false negatives (identifying a child as low risk when in fact the child is at high risk). This could lead to

unnecessary subsequent medical testing or consultations, or fail to identify a high-risk child, respectively.

Where is the study run from?

London School of Hygiene & Tropical Medicine (UK).

When is the study starting and how long is it expected to run for?

The study ran from September 2012 to February 2013.

Who is funding the study?

National Institute for Health Research (NIHR) (UK).

Who is the main contact?

Áine Skow

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## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

### Protocol serial number

12831

## Study information

### Scientific Title

Evaluating a brief electronic tool to assist GPs and practice nurses in the identifying, managing and referring overweight children

### Study objectives

The intended goal of this research is to aid in the management of childhood obesity by developing a simple electronic tool to assist primary care health professionals. This study will answer the question of whether an electronic tool for management of children with overweight

is helpful to families and useful to health professionals. We hypothesise that patients and health professionals will be satisfied with consultations which employ the electronic childhood obesity management tool.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

National Research Ethics Service Committee London - West London, 07/06/2012, ref: 11/LO/2049

### **Study design**

Non-randomised interventional trial

### **Primary study design**

Interventional

### **Study type(s)**

Quality of life

### **Health condition(s) or problem(s) studied**

Obesity

### **Interventions**

The intervention is an electronic tool (website) which will guide a health professional through a consultation with an overweight child. The tool will prompt the health professional to take height and weight measurements and collect information on lifestyle behaviours. The tool then uses this information to:

1. Estimate a child's current risk of having certain cardiometabolic and mental health outcomes
2. Provide tailored weight management advice

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome(s)**

Family satisfaction with consultation will be assessed immediately after consultation is complete.

### **Key secondary outcome(s)**

1. Acceptability of the tool to the family assessed at completion of the consultation
2. Acceptability of the tool to the health professional assessed at the completion of each consultation
3. Health professional satisfaction with the consultation process assessed at completion of each consultation

### **Completion date**

28/02/2013

## **Eligibility**

**Key inclusion criteria**

1. All families presenting to primary care with concerns over the child's weight will be eligible to partake in the study, if children are between the ages of 5 and 18 years
2. Male and female participants

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

5 years

**Upper age limit**

18 years

**Sex**

All

**Key exclusion criteria**

1. Due to the nature of the intervention, families who are not able to read and understand English will not be eligible for inclusion in the trial.
2. Children already under primary or secondary care for weight management

**Date of first enrolment**

01/09/2012

**Date of final enrolment**

28/02/2013

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

London School of Hygiene and Tropical Medicine

London

United Kingdom

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# Sponsor information

## Organisation

London School of Hygiene and Tropical Medicine (UK)

## ROR

<https://ror.org/00a0jsq62>

# Funder(s)

## Funder type

Government

## Funder Name

National Institute for Health Research

## Alternative Name(s)

National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

## 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