ISRCTN30238779 https://doi.org/10.1186/ISRCTN30238779

Improving health outcomes in obese children: a randomised controlled trial of the MEND programme

Submission date 13/09/2004	**Recruitment status** No longer recruiting
Registration date 06/10/2004	**Overall study status** Completed
Last Edited 21/04/2010	**Condition category** Nutritional, Metabolic, Endocrine

[X] 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
Mr Paul Sacher

Contact details
MRC Childhood Nutrition Research Centre
Institute of Child Health
30 Guilford Street
London
United Kingdom
WC1N 1EH
+44 (0)20 7905 2258
p.sacher@ich.ucl.ac.uk

Additional identifiers

Protocol serial number
N&AHP/02/RDA/033

Study information

Scientific Title

Acronym
MEND (Mind, Exercise, Nutrition and Diet)

Study objectives
Current hypothesis as of 28/06/2007:
We propose a randomised controlled trial in obese 8 - 12 year old children to test the hypothesis that an intensive family-based programme of nutrition education, exercise and behavioural modification, followed by free access to leisure facilities will improve body composition, cardiovascular fitness and self-esteem in obese school-aged children compared to a waiting list control group. The trial will be conservatively powered, with outcomes relevant to public health and the NHS Plan and could provide the first proven childhood obesity intervention programme in the UK.

Previous hypothesis:
We propose a randomised controlled trial in obese 8 - 11 year old children to test the hypothesis that an intensive family-based programme of nutrition education, exercise and behavioural modification, followed by free access to leisure facilities will improve body composition, cardiovascular fitness and self-esteem in obese school-aged children compared to a waiting list control group. The trial will be conservatively powered, with outcomes relevant to public health and the NHS Plan and could provide the first proven childhood obesity intervention programme in the UK.

Ethics approval required
Old ethics approval format

Ethics approval(s)
MREC approval gained.

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Childhood Obesity

Interventions
Please note that this trial has concluded; the official end date of this trial was 13th January 2007. The previous end date for this trial was 30/04/2008.

Interventions:
Childhood obesity treatment programme combining nutrition education, behavioural modification and physical activity.

Intervention Type

Other

Phase
Not Applicable

Primary outcome(s)
Waist circumference

Key secondary outcome(s)
Body composition, weight, height, Body Mass Index (BMI), self- esteem, family functioning, child mental health, cardiovascular fitness and dietary intake and composition.

Completion date
13/01/2007

Eligibility

Key inclusion criteria
Current inclusion criteria as of 28/06/2007:
Obese 8 - 12 year old children and their families.

Previous inclusion criteria:
Obese 8 - 11 year old children and their families.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Lower age limit
8 Years

Upper age limit
12 Years

Sex
All

Key exclusion criteria
Does not meet inclusion criteria

Date of first enrolment
01/04/2005

Date of final enrolment
13/01/2007

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
MRC Childhood Nutrition Research Centre
London
United Kingdom
WC1N 1EH

Sponsor information

Organisation
UK Department of Health

ROR
https://ror.org/03sbpja79

Funder(s)

Funder type
Government

Funder Name
Department of Health (UK) (ref: N&AHP/02/RDA/033)

Funder Name
Sainsbury's Supermarkets Ltd (UK)

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	01/02/2010		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes