

Kids In Control OF Food (KICK-OFF)

Submission date 07/07/2010	Recruitment status No longer recruiting	☐ Prospectively registered ☒ Protocol
Registration date 07/07/2010	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 14/11/2018	Condition category Nutritional, Metabolic, Endocrine	☐ 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

Protocol serial number

5015

Study information

Scientific Title

A multicentre, randomised controlled trial comparing intensive structured education with standard education in 11 - 16 year olds on intensive insulin therapy

Acronym

Study objectives

Kids In Control OF Food: a multi-centre, cluster randomised controlled trial comparing structured education (the KICK-OFF course) with standard care in 11 - 16 year olds with type 1 Diabetes (T1DM) on intensive insulin therapy.

More details can be found here: <http://public.ukcrn.org.uk/Search/StudyDetail.aspx?StudyID=5015>

Ethics approval required

Old ethics approval format

Ethics approval(s)

North Sheffield Local Research Ethics Committee, 18/09/2008, ref: 08/H1308/201

Study design

Multicentre randomised interventional treatment trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Topic: Diabetes Research Network, Medicines for Children Research Network; Subtopic: Type 1 , All Diagnoses; Disease: Diabetic Control, Education, Insulin Initiation, Nutrition, Paediatric, Service delivery

Interventions

Intervention: 5 day, outpatient, skills training course, designed and piloted specifically for this age group

Control: Standard care

Treatment and follow-up duration: 24 months in both arms

Intervention Type

Other

Phase

Phase III

Primary outcome(s)

Change in HbA1c %, measured at baseline, 6 months, 12 months and 24 months

Key secondary outcome(s))

Measured at baseline, 6 months, 12 months and 24 months:

1. Change in psychological outcome in parents and children
2. Changes in weight, height and body mass index (BMI)
3. Diet related behaviours

4. Health economic analysis
5. Health economic modelling of long term cost/benefits
6. Change in the number and severity of hypoglycaemic episodes

Completion date

31/08/2012

Eligibility

Key inclusion criteria

1. T1DM of at least 1 year's duration
2. Already on or willing to use multiple dose insulin (MDI)
3. Aged 11 - 16 years (in Secondary School years 7 - 12), either sex

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

11 years

Upper age limit

16 years

Sex

All

Key exclusion criteria

1. Factors which will impair group participation
2. Non-English speaking
3. Learning disability - additional help in school
4. Major behavioural problems
5. Evidence of an eating disorder
6. Associated illness that may influence control

Date of first enrolment

01/09/2008

Date of final enrolment

31/08/2012

Locations

Countries of recruitment

United Kingdom

England

Study participating centre
Sheffield Children's Hospital
Sheffield
United Kingdom
S10 2TH

Sponsor information

Organisation
Sheffield Children's NHS Foundation Trust (UK)

ROR
<https://ror.org/02md8hv62>

Funder(s)

Funder type
Charity

Funder Name
Diabetes UK (UK)

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

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	cost-effectiveness results	01/01/2016		Yes	No
Results article	results	01/02/2016		Yes	No
Protocol article	protocol	24/01/2013		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes