

# 'Shape Up-LD': Piloting a manualised weight management programme for overweight and obese persons with mild-moderate learning disabilities

<b>Submission date</b> 31/05/2012	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 31/05/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 27/03/2019	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Obese people weigh more than is healthy for them. Losing weight can make a person healthier, feel better about themselves and improve quality of life. Studies show that being obese is more common in people with learning disabilities (LD) compared with the general population. However, most programmes designed to help people lose weight are not designed for people with LD. Working with the charity Weight Concern we developed a lifestyle programme (Shape Up) to help people lose weight. Shape Up is used throughout the UK and has now been adapted by learning disability (LD) specialists so that it can help people with LD. A small group tried out 'Shape Up-LD' and found it helped them lose weight and was enjoyable. The aim of this study is to see if we can design a bigger project to measure how well 'Shape Up-LD' works.

### Who can participate?

People with mild to moderate LD who are overweight (and their carers).

### What does the study involve?

Participants will be randomly allocated either to take part in the Shape Up-LD programme or to receive usual care.

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

'Shape Up-LD' may help participants to lose weight. If the results of this study are positive we will apply for funding for a larger study. We will change the Shape Up-LD materials in response to our findings, making them available to services. This study is important because evidence-based weight management services designed for people with LD are not currently available, and being obese can have a negative impact on health and quality of life.

### Where is the study run from?

University College London (UK)

When is the study starting and how long is it expected to run for?  
The study started in June 2012 and will run until November 2014

Who is funding the study?  
National Institute for Health Research (NIHR) (UK)

Who is the main contact?  
Dr Rebecca Beeken  
r.beeken@ucl.ac.uk

## Contact information

**Type(s)**  
Scientific

**Contact name**  
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## Additional identifiers

**Protocol serial number**  
11973

## Study information

**Scientific Title**  
'Shape Up-LD': A randomised pilot study of a manualised weight management programme for overweight and obese persons with mild-moderate learning disabilities

**Acronym**  
Shape Up-LD

**Study objectives**  
Shape Up, a weight management programme specifically designed for adults with learning disabilities (LD) is feasible and a more effective than usual care in helping overweight and obese service users with mild-moderate LD reduce body weight.

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**

NRES Committee South West- Cornwall & Plymouth, Proportionate Review Sub-Committee; First MREC approval date 05/04/2012, ref: 12/SW/0089

**Study design**

Randomised; Interventional; Design type: Treatment

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Topic: Mental Health Research Network, Metabolic and Endocrine; Subtopic: Learning difficulties development disorders, Metabolic and Endocrine (all Subtopics); Disease: Learning difficulties, Metabolic & Endocrine (not diabetes)

**Interventions**

Participants are randomised to Shape Up-LD or usual care.

Shape Up-LD: A LD tailored version of Shape-Up; a manualised healthy lifestyle programme that helps service users learn new behaviours to manage their weight. This population-specific version of Shape Up was developed through a partnership between local users with LD, specialist dietitians and other LD professionals within the PCT, and a psychologist and a dietitian from Weight Concern. The original Shape Up programme ran for 8 weeks, however based on field testing and prior experience of interventions in LD; the programme has been extended to 12 weeks. Follow Up Length: 6 month(s)

**Intervention Type**

Behavioural

**Primary outcome(s)**

Feasibility outcomes at 12 weeks

**Key secondary outcome(s)**

1. Attitudes to healthy behaviours at baseline, 12 weeks, 6 months
2. Blood pressure at baseline, 12 weeks, 6 months
3. Body Fat at baseline, 12 weeks, 6 months
4. Costs at baseline, 12 weeks
5. Knowledge & behaviour change at baseline, 12 weeks, 6 months
6. Mental health at baseline, 12 weeks, 6 months
7. Quality of life at baseline, 12 weeks, 6 months
8. Self esteem at baseline, 12 weeks, 6 months
9. Waist circumference at baseline, 12 weeks, 6 months
10. Weight at baseline, 12 weeks, 6 months

**Completion date**

01/11/2014

# Eligibility

## Key inclusion criteria

1. LD in mild to moderate range (assessed by a scoring system for Ability & Development scale (Cooper, 1997)
2. Overweight, Body Mass Index (BMI>25)
3. Adults, male and female, upper age limit 100 years, lower age limit 18 years
4. Living in the community
5. If receiving regular care, then the presence of a carer (paid or informal) who is willing to participate in the intervention
6. Ability to attend the weekly Shape-Up sessions

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Adult

## Lower age limit

18 years

## Sex

All

## Key exclusion criteria

1. Acute mental illness requiring hospitalisation
2. Severe LD
3. Substance misuse
4. A confirmed diagnosis of Prader-Willi syndrome
5. Not living in the community

## Date of first enrolment

01/06/2012

## Date of final enrolment

01/11/2014

# Locations

## Countries of recruitment

United Kingdom

England

## Study participating centre

**University College London**  
London  
United Kingdom  
WC1E 7HB

## Sponsor information

### Organisation

Camden and Islington NHS Foundation Trust (UK)

### ROR

<https://ror.org/03ekq2173>

## Funder(s)

### Funder type

Government

### Funder Name

Research for Patient Benefit Programme

### Alternative Name(s)

NIHR Research for Patient Benefit Programme, Research for Patient Benefit (RfPB), The NIHR Research for Patient Benefit (RfPB), RfPB

### 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

Study outputs

<b>Output type</b>	<b>Details</b>	<b>Date created</b>	<b>Date added</b>	<b>Peer reviewed?</b>	<b>Patient-facing?</b>
<a href="#">Results article</a>	results	01/02/2019		Yes	No
<a href="#">Protocol article</a>	protocol	12/03/2013		Yes	No