

# To measure the effectiveness of tailored text message-based weight reduction program

|                                        |                                                                |                                                      |
|----------------------------------------|----------------------------------------------------------------|------------------------------------------------------|
| <b>Submission date</b><br>25/02/2011   | <b>Recruitment status</b><br>No longer recruiting              | <input type="checkbox"/> Prospectively registered    |
| <b>Registration date</b><br>28/04/2011 | <b>Overall study status</b><br>Completed                       | <input type="checkbox"/> Protocol                    |
| <b>Last Edited</b><br>05/02/2015       | <b>Condition category</b><br>Nutritional, Metabolic, Endocrine | <input type="checkbox"/> Statistical analysis plan   |
|                                        |                                                                | <input checked="" type="checkbox"/> Results          |
|                                        |                                                                | <input type="checkbox"/> Individual participant data |

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

## Study information

### Scientific Title

A pilot randomised controlled trial to measure the effectiveness of tailored text message-based weight reduction program

### Study objectives

The intervention to be evaluated in this trial is a six-month program of automatically generated tailored text messages sent to the participant's mobile phone.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Institutional Review Board of Seoul National University Bundang Hospital approved on the 30th December 2010 (ref: B-1012/117-003)

**Primary study design**

Interventional

**Study design**

Two parallel group randomised controlled trial

**Study type(s)**

Treatment

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

Obesity

**Interventions**

Two groups to be compared:

1. Control group: participants will receive tuition in weight-control, BMI measure, education materials
2. Intervention group: participants will receive tuition in weight-control, BMI measure, education materials, plus patient-tailored interactive SMS text messages every other day

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

Body weight: The percentage of body weight change in 6 months. Weight is measured at baseline, 1, 3, and 6 months in light clothing by bioelectrical analysis methods

We also plan to obtain self administered questionnaires such as eating behavior, physical activity using International Physical Activity Questionnaire (IPAQ-short form) and Korean version of Obesity related Quality of Life Scale at baseline and 6 months later

**Key secondary outcome(s)**

1. BMI
2. Body composition
3. Quality of life
4. Eating habits
5. Physical activity

**Completion date**

30/09/2011

# Eligibility

## Key inclusion criteria

1. Obese people - body mass index (BMI) over 25
2. Able to read Korean and can provide written informed consent
3. Is seriously considering weight reduction
4. Aged over 20 years, either sex
5. Has a mobile phone and is familiar with sending and receiving SMS text messages
6. Is willing to participate in study and follow study procedures
7. Is not currently enrolled in another formal weight reduction study or program
8. Is not using diet pill at randomisation date

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Adult

## Sex

All

## Key exclusion criteria

1. Do not meet all of the inclusion criteria
2. Past 3-month comorbidities, for example cerebral apoplexy, coronary artery diseases
3. Past 3-month coronary artery intervention or surgery
4. Has heart failure or anorexia nervosa or terminal cancer

## Date of first enrolment

01/04/2011

## Date of final enrolment

30/09/2011

# Locations

## Countries of recruitment

Korea, South

## Study participating centre

166 Gumi-ro Bundang-gu, Gyeonggi-do

Seongnam

Korea, South

463-707

# Sponsor information

## Organisation

Seoul National University Bundang Hospital (South Korea)

## ROR

<https://ror.org/00cb3km46>

# Funder(s)

## Funder type

Hospital/treatment centre

## Funder Name

Seoul National University Bundang Hospital (South Korea)

# 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? |
|---------------------------------|---------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a> | results | 03/02/2015   |            | Yes            | No              |