

Scottish Childhood Obesity Treatment Trial

Submission date 28/04/2005	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 15/06/2005	Overall study status Completed	☐ Protocol
Last Edited 19/03/2008	Condition category Nutritional, Metabolic, Endocrine	☐ Statistical analysis plan
		☒ Results
		☐ 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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Contact details

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Additional identifiers

Protocol serial number

N/A

Study information

Scientific Title

Acronym

SCOTT

Study objectives

To test whether a novel (intensive and behavioural) dietetic intervention for childhood obesity was more successful than standard care.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Obesity

Interventions

Intervention:

Intensive behavioural approach to treatment (eight appointments over six months; 5 - 6 hours patient/family contact time).

Control:

Standard dietetic care (1 - 1.5 hours patient/family contact time over six months).

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Body mass index (BMI) standard deviation score.

Outcomes measured at baseline, +6 months after start of intervention and +12 months after start of intervention.

Key secondary outcome(s)

1. Objectively measured habitual physical activity and sedentary behaviour (accelerometry)
2. Waist circumference standard deviation score
3. Quality of life

Outcomes measured at baseline, +6 months after start of intervention and +12 months after start of intervention.

Completion date

01/02/2006

Eligibility

Key inclusion criteria

Obese (body mass index [BMI] greater than 98th percentile) children of primary school age (5 - 11 years at baseline), referred for treatment for their obesity.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

5 years

Upper age limit

11 years

Sex

All

Key exclusion criteria

1. Non obese
2. Family apparently not willing to attempt lifestyle changes
3. Having special educational needs
4. Receiving treatment for obesity elsewhere

Date of first enrolment

01/02/2003

Date of final enrolment

01/02/2006

Locations

Countries of recruitment

United Kingdom

Scotland

Study participating centre

Reader in Paediatric Energy Metabolism
Glasgow
United Kingdom
G3 8SJ

Sponsor information

Organisation

Yorkhill Hospitals NHS Trust (UK)

Funder(s)

Funder type

Government

Funder Name

Chief Scientist Office of the Scottish Executive Health Department (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	01/03/2008		Yes	No