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Scottish Childhood Obesity Treatment Trial

Submission date	Recruitment status	[_] Prospectively registered
28/04/2005	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
15/06/2005	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
19/03/2008	Nutritional, Metabolic, Endocrine	

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

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

Primary study design
Interventional

Study design
Randomised controlled trial

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