

# Tailored implementation of guidelines for obesity barriers study

<b>Submission date</b> 27/04/2012	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 27/04/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 21/11/2019	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

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

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
12024

## Study information

**Scientific Title**  
Tailored implementation of guidelines for obesity barriers study: a randomised controlled trial

## **Study objectives**

The aim of our study is to improve the quality of obesity care delivered by health professionals and teams. Traditional interventions such as educational sessions related to the NICE guidelines on obesity have only limited effectiveness. We plan to develop valid, feasible and efficient methods of tailoring implementation to the treatment of obesity. Tailoring involves designing an intervention to overcome the specific limiting factors or barriers experienced by a particular group of health care professionals to providing improved health care, which in this case is care in accordance with the NICE guidelines. However, methods for identifying the most important barriers health professionals face in delivering appropriate care are not well developed. Therefore, we need to evaluate and test different methods for identifying barriers and enablers for improving obesity care. A wide range of methods can be used to identify barriers and enablers.

The methods we plan to use are:

1. Brainstorming with health professionals (two sessions with between 610 participants)
2. Focus groups with health professionals (two sessions with between 610 participants)
3. Interviews of health professionals (a minimum of 8 professionals)
4. Interviews with patients (a minimum of 8 patients)
5. Questionnaire based on a checklist

These methods will be used in head to head comparisons for each chronic condition (in England, primary care management of obesity) in order to evaluate which methods are most appropriate to use, and to which contexts and settings they are most applicable. The comparisons will to some extent be designed as diagnostic studies, the methods being compared on the extent to which they identify all the barriers and enablers. The analysis will compare methods in terms of process (the time, resources and expertise required), and outcomes (the range and completeness of barriers and enablers identified).

More details can be found at <http://public.ukcrn.org.uk/Search/StudyDetail.aspx?StudyID=12024>

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

ref: 12/NW/0106

## **Primary study design**

Interventional

## **Study design**

Randomised interventional trial

## **Study type(s)**

Quality of life

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

Obesity

## **Interventions**

Management of Obesity: this project aims to assess the management of obesity within primary care, and to identify the barriers and enablers to care.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

Assess the barriers and enablers to obesity care within the NHS

**Key secondary outcome(s)**

No secondary outcome measures

**Completion date**

31/05/2012

**Eligibility****Key inclusion criteria**

1. Health professionals invited to participate in the study will be a mix of male and female participants, participants with a range of work experience, both in duration and a mix of clinical workers and managers.
2. A mix of health professionals will be used in order to ensure the perspectives of different groups are obtained, for example, doctors, nurses, dietitians etc. at different grade levels.
3. The patients should currently be receiving or have previously received weight reduction treatment.
4. Patients with different stages of the condition, different ages, gender, social status and so forth
5. Male and female participants
6. Minimum age 18 years

**Participant type(s)**

Mixed

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

All

**Key exclusion criteria**

1. Health professionals who have no experience in delivering weight management care
2. Patients who have not recently been treated for weight reduction

**Date of first enrolment**

30/03/2012

**Date of final enrolment**

31/05/2012

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**University of Leicester**

Leicester

United Kingdom

LE1 6TP

## Sponsor information

**Organisation**

University of Leicester (UK)

**ROR**

<https://ror.org/04h699437>

## Funder(s)

**Funder type**

Government

**Funder Name**

Seventh Framework Programme

**Alternative Name(s)**

EC Seventh Framework Programme, European Commission Seventh Framework Programme, EU Seventh Framework Programme, European Union Seventh Framework Programme, FP7

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

Location

## **Results and Publications**

Individual participant data (IPD) sharing plan

**IPD sharing plan summary**

Not provided at time of registration