

Treating childhood obesity: a randomised, controlled trial of a family-based behavioural treatment

Submission date
09/09/2005

Recruitment status
No longer recruiting

Registration date
02/11/2005

Overall study status
Completed

Last Edited
20/12/2011

Condition category
Nutritional, Metabolic, Endocrine

- ☐ Prospectively registered
- ☐ Protocol
- ☐ 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

Study information

Scientific Title

Study objectives

1. There will be a significant difference in body mass index (BMI) pre- to post-intervention within the treatment group
2. There will be a significant improvement in participants eating behaviours pre- to post-intervention within the treatment group
3. There will be a significant improvement in the physical health profile of participants pre- to post-intervention within the treatment group
4. There will be a significant improvement in the psychological well-being of children pre- to post-intervention within the treatment group

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

Overweight/obesity

Interventions

Family-based behavioural treatment versus waiting list control

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Weight
2. Body mass index (BMI)
3. Percentage BMI

Key secondary outcome(s)

1. Other child anthropometric measures (waist, body composition)
2. Child blood lipids/glucose/insulin/blood pressure
3. Eating behaviours, dietary intake, activity level (using accelerometers), self-esteem, mood
4. Parental eating behaviours and parenting style

Completion date

01/01/2007

Eligibility

Key inclusion criteria

Participants will be children aged 8-12 years who are overweight or obese as defined using the International Obesity Taskforce BMI definition. Eligible subjects will be those with simple obesity /overweight who have had other treatable causes of obesity excluded. At least one parent must be willing to participate in treatment.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

8 Years

Upper age limit

12 Years

Sex

All

Key exclusion criteria

1. Significant learning difficulties in child or parent
2. Significant mental health problems in child or parent
3. Insufficient command of English to participate in the groups

Date of first enrolment

01/01/2004

Date of final enrolment

01/01/2007

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Health Behaviour Unit

London

United Kingdom

WC1E 6BT

Sponsor information

Organisation

Cancer Research UK Health Behaviour Unit

ROR

<https://ror.org/054225q67>

Funder(s)

Funder type

Charity

Funder Name

Cancer Research UK (CRUK) (UK) - Health Behaviour Unit

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	01/01/2012		Yes	No