

A randomised trial of an internet weight control resource: the UK Weight Control Trial

Submission date 07/10/2003	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
Registration date 07/10/2003	Overall study status Completed	<input checked="" type="checkbox"/> Protocol
Last Edited 05/12/2017	Condition category 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 randomised trial of an internet weight control resource: the UK Weight Control Trial

Acronym
UKWCT

Study objectives

An internet-based package for weight control, alongside 'usual care', is a more effective treatment for obesity than 'usual care' methods alone.

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: Access to an internet weight management site designed by health professionals to offer weight management advice based on the best evidence available.

Comparison: Usual care offered by the GP

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Ability of the internet package to promote change in BMI over six and 12 months compared with traditional treatment.

Key secondary outcome(s)

Ability of the internet package to promote change in reported lifestyle behaviours compared with traditional treatment.

Completion date

01/01/2005

Eligibility**Key inclusion criteria**

1. Males and females
2. Body Mass Index (BMI) more than 30 kg/m²
3. 18 to 65 years of age

4. Able to access the internet at least once per week
5. Able to read and write in English (for the purposes of accessing the site and completing questionnaires)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Pregnant or lactating women
2. Women planning on becoming pregnant within the next year
3. Any illness or reason where the General Practitioner (GP) feels that the patient should not be taking part in a clinical trial

Date of first enrolment

01/01/2004

Date of final enrolment

01/01/2005

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

The University of Leeds

Leeds

United Kingdom

LS2 9PL

Sponsor information

Organisation

The Health Foundation (UK)

ROR

<https://ror.org/02bj4420>

Funder(s)

Funder type

Charity

Funder Name

The Health Foundation (UK) (ref: 3518/1655)

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	19/12/2007		Yes	No
Protocol article	protocol	29/10/2003		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes