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Multidisciplinary treatment program for overweight in a primary care setting

Submission date	Recruitment status	[ ] Prospectively registered
28/04/2006	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
28/04/2006	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
02/05/2019	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
Multidisciplinary treatment program for overweight in a primary care setting

Study objectives

Treatment of overweight by a dietician has a larger effect on weight loss and risk profile as compared to no treatment. Additional treatment by a physiotherapist is beneficial for long-term maintenance of the result achieved as compared to treatment by a dietician only.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from the local medical ethics committee

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Overweight

Interventions
1. Monthly meetings with a dietician during a half year period
2. Monthly meetings with both a dietician and a physiotherapist during a half year period
3. Routine health care (control)

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Change in weight.

Key secondary outcome(s)
Effect evaluation:
1. Change in BMI and waist circumference
2. Change in blood pressure, blood glucose, blood lipids and Framingham risk score
3. Change in energy intake and energy consumption
4. Change in physical condition
5. Change in use of health care and medication use

Process evaluation:
6. Response
7. Compliance
8. Program-associated costs and workload

Completion date

30/06/2007

Eligibility

Key inclusion criteria
1. >/= 18 and <65 years of age
2. Body mass index (BMI) >/= 28 and <35 kg/m^2
3. Knowledge of the Dutch language
4. Participate in the Utrecht Health Project, a community-based prospective cohort study in Leidsche Rijn, part of the city of Utrecht, The Netherlands

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
All

Total final enrolment
134

Key exclusion criteria
1. Participate in any other former or current intervention related to overweight
2. Already under treatment by a dietician or physiotherapist
3. Known diagnosis of depression, schizophrenia, anxiety disorder, binge eating disorder or bulimia nervosa
4. Pregnancy
5. Moving plans

Date of first enrolment
09/03/2006

Date of final enrolment
30/06/2007

Locations

Countries of recruitment
Netherlands

Study participating centre
University Medical Center Utrecht (UMCU)
Utrecht
Netherlands
3508 GA

Sponsor information

Organisation
University Medical Center Utrecht (UMCU) (The Netherlands)

ROR
https://ror.org/0575yy874

Funder(s)

Funder type
Government

Funder Name
Dutch Ministry of Health, Welfare and Sport

Alternative Name(s)
Dutch Ministry of Health, Welfare and Sport, VWS

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Netherlands

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	01/04/2010	02/05/2019	Yes	No