

# Multidisciplinary treatment program for overweight in a primary care setting

<b>Submission date</b> 28/04/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 28/04/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 02/05/2019	<b>Condition category</b> 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**  
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

### **Study design**

Randomised controlled trial

### **Primary study design**

Interventional

### **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.  $\geq 18$  and  $< 65$  years of age
2. Body mass index (BMI)  $\geq 28$  and  $< 35 \text{ kg/m}^2$
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?
<a href="#">Results article</a>	results	01/04/2010	02/05/2019	Yes	No