ISRCTN65915034 https://doi.org/10.1186/ISRCTN65915034

After a period of successful weight loss does monthly contact with a dietitian, via e-mail, enable individuals to successfully maintain their weight loss over a further six months?

Submission date
28/09/2007

Recruitment status
No longer recruiting

Registration date
28/09/2007

Overall study status
Completed

Last Edited
29/03/2012

Condition category
Nutritional, Metabolic, Endocrine

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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

Protocol serial number
N0187189138

Study information

Scientific Title

Study objectives
After a period of successful weight loss, does monthly e-mail contact with a dietitian enable patients to maintain that weight?

Ethics approval required
Old ethics approval format

Ethics approval(s)
Added May 2008:
Approved on 20/10/2006, REC ref no: 06/Q1701/117.

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Nutritional, Metabolic, Endocrine: Obesity

Interventions
Email contact vs no email contact.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Added May 2008:
Keeping in weight band +/- 2Kg around end weight after weight loss.

Key secondary outcome(s)
Added May 2008:
1. Adherence to diet and exercise plans
2. Components of dietary targets maintained

Completion date
30/11/2008

Eligibility

Key inclusion criteria

Added May 2008:
1. Adults of BMI>30
2. Who have lost 5% body weight
3. Access to email

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Not Specified

Sex
Not Specified

Key exclusion criteria
Added May 2008:
1. Binge eating disorder
2. Awaiting bariatric surgery
3. Learning disability
4. On weight loss medication

Date of first enrolment
01/12/2006

Date of final enrolment
30/11/2008

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
St. James' Hospital
Portsmouth
United Kingdom
PO4 8LD

Sponsor information

Organisation
Record Provided by the NHSTCT Register - 2007 Update - Department of Health

Funder(s)

Funder type
Government

Funder Name
Portsmouth and Isle of Wight R&D Consortium (UK)

Funder Name
PHT Dept of Dietetics

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	01/02/2000		Yes	No