

Randomised comparison of three weight control programmes during adjuvant treatment for early breast cancer (Breast - Activity and Healthy Eating After Diagnosis)

Submission date 31/03/2010	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 31/03/2010	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 21/09/2021	Condition category Cancer	☐ Individual participant data

Plain English summary of protocol

<https://www.cancerresearchuk.org/about-cancer/find-a-clinical-trial/a-trial-looking-at-exercise-and-healthy-eating-for-women-with-breast-cancer>

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

ClinicalTrials.gov (NCT)

NCT00869466

Protocol serial number

5102

Study information

Scientific Title

Randomised comparison of three weight control programmes during adjuvant treatment for early breast cancer (Breast - Activity and Healthy Eating After Diagnosis)

Acronym

B- AHEAD

Study objectives

To determine whether individualised weight control programmes are better than standard written advice for existing weight and preventing weight gain in first year after breast cancer treatment for women with early breast cancer.

Ethics approval required

Old ethics approval format

Ethics approval(s)

First MREC approval date 09/07/2008 (ref: 08/H1013/45)

Primary study design

Interventional

Study design

Randomised interventional multicentre process of care trial

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Topic: National Cancer Research Network; Subtopic: Breast Cancer; Disease: Breast

Interventions

Current interventions as of 30/04/2015:

Group 1 (Control): Standard written advice

This group will receive standard written diet and exercise advice.

Group 2 (Intervention): Individualised home-based intervention

Each woman receives individualised diet and exercise advice from the study dietitian (40 minutes) and exercise referral officer (40 minutes). This advice will be reinforced with bi-weekly phone calls (study dietitian) and mailed information during the first 12 weeks, and booster phone calls during the 12-month study.

Group 3 (Intervention): Supervised group community-based weight control programme

Each woman received individualised diet and exercise advice from the study dietitian (40 minutes) and exercise referral officer (40 minutes). They are then asked to attend weekly group classes for the first 12 weeks which comprise an exercise class followed by a diet and behaviour change educational component with handouts, and booster phone calls during the 12-month study.

Previous interventions:

Group 1 (Control): Standard written advice -

This group will receive standard written diet and exercise advice.

Group 2 (Intervention): Individualised home based intervention:

Each woman receives individualised diet and exercise advice from the study dietitian (40 minutes) and exercise referral officer (40 minutes). This advice will be reinforced with bi-weekly phone calls (study dietitian) and mailed information during the first 12 weeks, and booster phone calls during the 12-month study.

Follow Up Length: 12 month(s)

Study Entry: Single Randomisation only

Intervention Type

Other

Phase

Phase II

Primary outcome(s)

Changes in body weight and composition (body fat, fat free mass DXA, bioelectrical impedance)

Key secondary outcome(s)

Uptake and retention to the programmes and any adverse effects of the programmes.

Completion date

02/02/2012

Eligibility

Key inclusion criteria

1. Within 10 weeks of primary surgery for primary breast cancer (invasive or in-situ)
2. Pre and postmenopausal women of any age able to undertake interventions
3. Any weight, as programmes aim to tackle existing weight problems and prevent weight gain in healthy weight women
4. Receiving/due to start adjuvant chemotherapy, radiotherapy or endocrine therapy or no adjuvant treatment
5. Early breast cancer stages I - III
6. Ability to understand written instructions and have completed baseline 7 day diet and exercise diaries
7. Resident within Greater Manchester only in order to maximise uptake and retention to interventions and study
8. Written informed consent
9. Females, no specified age limit

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

Female

Key exclusion criteria

1. Metastatic or inoperable disease
2. Physical/psychiatric condition which impairs compliance or mobility assessed from medical history by recruitment nurse or verified from baseline fitness assessment by the trial physiotherapist, i.e.:
 - 2.1. Insulin requiring diabetes, as diet and physical activity changes would require close coordination with the treating physician. Non-insulin requiring diabetics are eligible for the study.
 - 2.2. Serious digestive and/or absorptive problems, including inflammatory bowel disease
 - 2.3. Cardiovascular, respiratory (determined from recent pre-operative electrocardiogram [ECG], chest X-ray) disease
 - 2.4. Musculoskeletal disease or joint problems
 - 2.5. Psychiatric disorders or conditions, e.g., untreated major depression, psychosis, substance abuse, severe personality disorder
3. Women who regularly take daily medication known to effect body composition, e.g., corticosteroids (women receiving 2 - 3 days steroids with chemotherapy may be included)
4. Patients with metal implants, ie hip prosthesis are excluded from the study as this precludes DXA measurement of body fat (breast implants, pacemakers are not excluded)
5. Women who have received neoadjuvant chemotherapy or endocrine
6. Patients considering reconstruction surgery in the next 12 months

Date of first enrolment

11/08/2008

Date of final enrolment

02/02/2011

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

University Hospital of South Manchester NHS Foundation Trust

United Kingdom

M23 9LT

Study participating centre

The Christie Hospital NHS Trust
United Kingdom
M20 4BX

Study participating centre
Mid Cheshire NHS Foundation Trust
United Kingdom
CW1 4QJ

Study participating centre
East Cheshire NHS Trust
United Kingdom
SK10 3BL

Study participating centre
Pennine Acute Hospitals NHS Trust
United Kingdom
M8 5RB

Study participating centre
Salford Royal NHS Foundation Trust
United Kingdom
M6 8HD

Study participating centre
Stockport NHS Foundation Trust
United Kingdom
SK2 7JE

Study participating centre
Tameside Hospital NHS Foundation Trust
United Kingdom
OL6 9RW

Sponsor information

Organisation

South Manchester University Hospital (UK)

ROR

<https://ror.org/00he80998>

Funder(s)**Funder type**

Government

Funder Name

National Institute for Health Research (NIHR) (UK) - Research for Patient Benefit (RfPB) Programme

Results and Publications**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/03/2018		Yes	No
Results article	results	01/09/2019	28/05/2020	Yes	No
Plain English results			10/09/2019	No	Yes