

# Preventing excessive weight gain in pregnant women

<b>Submission date</b> 22/03/2012	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
<b>Registration date</b> 22/03/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 20/12/2017	<b>Condition category</b> Pregnancy and Childbirth	<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

**Protocol serial number**  
11931

## Study information

**Scientific Title**  
Preventing excessive weight gain in healthy and overweight pregnant women

## **Study objectives**

Gaining too much weight during pregnancy can have many negative effects, including gestational diabetes and complications when the baby is delivered. Many pregnant women gain more weight than they should during pregnancy. Studies have shown that many women reduce their physical activity and consume a more liberal diet during and after pregnancy.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

ref: 12/WM/0059

## **Study design**

Randomised interventional prevention study

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Reproductive Health & Childbirth

## **Interventions**

1. Dietary
2. Education or Self-Management

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Feasibility and acceptability of the intervention to community midwife.

## **Key secondary outcome(s)**

No secondary outcome measures

## **Completion date**

01/10/2012

# **Eligibility**

## **Key inclusion criteria**

1. Low risk pregnant women receiving community midwife led/shared care
2. Aged at least 18
3. Within healthy or over weight BMI ranges ( $18.30 \text{ kg/m}^2$ ) at the 5/6 week gestation appointment and scan/booking visit (12 - 14 weeks gestation)

## **Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

Female

**Key exclusion criteria**

1. Obese women (BMI  $\geq 30$  (kg/m<sup>2</sup>) - as the focus is primary prevention and because obese women are deemed high risk and typically receive consultant led care.
2. Other women deemed high risk by the CMW at the booking appointment will not be invited to take part (e.g. more than one foetus, history of complications, preexisting chronic illness etc).
3. If a woman is deemed high risk at any time after the booking visit, the CMW will determine whether it is appropriate for her to continue in the study, but where possible we will try to retain them.

**Date of first enrolment**

01/06/2012

**Date of final enrolment**

01/10/2012

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

University of Birmingham

Birmingham

United Kingdom

B15 2TT

**Sponsor information****Organisation**

University of Birmingham (UK)

ROR

<https://ror.org/03angcq70>

## Funder(s)

### Funder type

Government

### Funder Name

National Institute for Health Research

### Alternative Name(s)

National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

### Funding Body Type

Government organisation

### Funding Body Subtype

National government

### Location

United Kingdom

## 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	16/09/2015		Yes	No