

# Text messaging as a way of helping overweight and obese women manage their weight after having a baby - The SMS study

<b>Submission date</b> 02/02/2017	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 24/02/2017	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 19/10/2022	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Many women are overweight or obese from the start of pregnancy and this puts the mother's and baby's health at risk. If a woman is overweight or obese in pregnancy she is at greater risk of developing gestational diabetes (a type of diabetes that occurs during pregnancy) or pre-eclampsia (a serious condition where blood flow between the baby and placenta is reduced so the baby doesn't get enough nutrients to develop properly). Women are also more likely to need a caesarean section and there is a greater risk of stillbirth and infant death. As well as starting pregnancy too heavy, some women gain too much weight during pregnancy. Many women struggle to lose weight after pregnancy and at the moment the best way to help these women is unknown. The period when women have a baby is a very unique time. On the one hand, it may be a time when women become very aware of the importance of good health and so might be open to changing their diet. On the other hand, women's lives change completely. Their attention becomes focused on caring for the baby rather than themselves. This means that any support provided to women to help them lose weight after pregnancy needs to fit in with their busy and constantly changing lives. Many women are unable to attend scheduled classes or meetings and so it is important to a way to provide support. Text messages have been used to help people stop smoking and some research has shown that they may also help people to lose weight. The aim of this study is to find out whether a weight management programme delivered via text messages can help women lose weight after pregnancy.

### Who can participate?

Adult women who have had a baby in the last two years.

### What does the study involve?

Participants are randomly allocated to one of two groups. Those in the first group receive regular text messages on weight loss and how to keep weight off (weight loss maintenance) for 12 months. Those in the second group receive regular text messages about child health and development for 12 months. Women in both groups are visited every three months by study researchers. At each study visit, participants complete some questionnaires about health and lifestyle, have their weight and blood pressure measured and are asked to wear a pedometer

(step counter) for seven days. They are also asked to take part in a short telephone interview twice during the study (at the three and twelve months) to gather views on the text message program.

What are the possible benefits and risks of participating?

Participants may benefit by finding the messages they receive to be helpful and supported. There are no anticipated risks involved with taking part in this study.

Where is the study run from?

Queen's University Belfast (UK)

When is the study starting and how long is it expected to run for?

February 2017 to June 2018

Who is funding the study?

National Institute for Health Research (UK)

Who is the main contact?

Dr Michelle McKinley

m.mckinley@qub.ac.uk

## Contact information

### Type(s)

Scientific

### Contact name

Dr Michelle McKinley

### ORCID ID

<https://orcid.org/0000-0003-3386-1504>

### Contact details

Centre for Public Health

School of Medicine, Dentistry & Biomedical Sciences

Queen's University Belfast

Institute of Clinical Science Block B (1st floor)

Grosvenor Road

Belfast

United Kingdom

BT12 6BJ

## Additional identifiers

### Protocol serial number

Project: 14/67/20

## Study information

### Scientific Title

A woman-centred, tailored SMS-delivered multi-component intervention for weight loss and maintenance of weight loss in the postpartum period: a pilot RCT (The SMS Study)

**Acronym**

The SMS Study

**Study objectives**

The SMS intervention shows promise as a way to support weight loss and weight loss maintenance in the post-partum period and should be tested in a full trial.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Research Ethics Committee, School of Medicine, Dentistry & Biomedical Science, Queen's University Belfast

**Primary study design**

Interventional

**Study design**

Single-centre pilot randomised controlled trial

**Study type(s)**

Treatment

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

Weight loss and maintenance of weight loss

**Interventions**

Participants are randomised to one of two groups using the LSHTM's secure remote web-based system which will link directly with the SMS database and will deliver the intervention or control content according to group allocation.

Interventions group: Participants will receive messages about weight loss and maintenance of weight loss for 12 months.

Control group: Participants will receive messages related to child health and development for 12 months.

In both groups, message delivery will be automated. Messages will be sent out using the London School of Hygiene and Tropical Medicine's (LSHTM) existing messaging technology, via a secure server, as tried and tested in the txt2stop trial.

Study assessments will be carried out at baseline, 3, 6, 9 and 12 months.

**Intervention Type**

Behavioural

**Primary outcome(s)**

1. Acceptability of the intervention and active control is measured using a satisfaction rating and qualitative views
2. Feasibility of recruitment is measured using study records at the end of the recruitment period
3. Retention rate is measured using study records at 3, 6, 9 and 12 months
4. Attrition rate is measured using study records at 3, 6, 9 and 12 months

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

Evidence of positive indicative effects is measured using change in weight and waist circumference at 3, 6, 9 and 12 months.

### **Completion date**

30/06/2018

## **Eligibility**

### **Key inclusion criteria**

1. Had a baby in previous two years
2. Aged over 18 years
3. Postpartum BMI over 25kg/m<sup>2</sup>
4. Primiparous or multiparous

### **Participant type(s)**

Healthy volunteer

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 Years

### **Sex**

Female

### **Total final enrolment**

100

### **Key exclusion criteria**

1. No access to a mobile phone to receive personal messages
2. Insufficient English to understand messages
3. Pregnancy
4. On a specialist diet
5. Psychiatric disorders
6. Eating disorder
7. Previous/ planned bariatric surgery
8. Type 1 diabetes mellitus

**Date of first enrolment**

10/02/2017

**Date of final enrolment**

30/06/2017

## Locations

**Countries of recruitment**

United Kingdom

Northern Ireland

**Study participating centre****Queen's University Belfast**

University Road

Belfast

United Kingdom

BT7 1NN

## Sponsor information

**Organisation**

Queen's University Belfast

**ROR**

<https://ror.org/00hswnk62>

## 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

The datasets generated during and/or analysed during the current study are/will be available upon request from [m.mckinley@qub.ac.uk](mailto:m.mckinley@qub.ac.uk).

## IPD sharing plan summary

Available on request

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/03/2020	27/11/2020	Yes	No
<a href="#">Protocol (other)</a>		07/03/2022	19/10/2022	No	No