

# Motivational and behavioral effects of adding genetic test feedback to advice on weight gain prevention

<b>Submission date</b> 21/02/2012	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 03/05/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 01/10/2018	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Research has shown that genes play a big part in how easily people gain weight. People can find out if they have genes which put them at higher risk for gaining weight by using genetic tests. These tests are available over the internet. However, it is currently not known whether receiving personal results from these tests is useful.

The aim of this study is to find out whether giving people their personal genetic result for risk of weight gain motivates them to try and keep a healthy weight. We will investigate this in young adults at the beginning of university, because weight gain is common in students.

### Who can participate?

First year university students, aged between 18 and 25 years, enrolled at University College London, who agree to take part in a larger study will be invited to participate.

### What does the study involve?

They will be randomly (i.e. by chance) split into two groups:

One group will receive their personal genetic test result for one gene (FTO) related to risk of weight gain alongside a leaflet with simple weight gain prevention advice.

The other group will receive only the leaflet containing simple weight gain prevention advice. Participants receiving only the leaflet will receive their genetic test result at the end of the study. The study will run over the course of the academic year. We will look at whether people who receive their test result and the leaflet are more motivated to prevent weight gain than people who just receive the leaflet.

### What are the possible benefits and risks of participating?

Benefits of taking part include learning about personal genetic risk of weight gain (based on one gene), and receiving advice on how to keep a healthy weight.

There is little risk involved in participation, and we will be available to answer any questions or concerns. We will also conduct interviews to find out more about participants thoughts and feelings after receiving their genetic test result.

Where is the study run from?

The study will take place at University College London.

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

The study started in September 2010 and will run till September 2013.

Who is funding the study?

Cancer Research UK

Who is the main contact?

Prof Jane Wardle

j.wardle@ucl.ac.uk

## Contact information

### Type(s)

Scientific

### Contact name

Prof Jane Wardle

### Contact details

Health Behaviour Research Centre  
Department of Epidemiology and Public Health  
University College London  
1-19 Torrington Place  
London  
United Kingdom  
WC1E 6BT

## Additional identifiers

## Study information

### Scientific Title

Adding genetic test feedback to advice on weight gain prevention for young adults : a randomized controlled trial

### Study objectives

Participants receiving personal genetic test feedback for risk of weight gain in addition to generic weight gain prevention advice will be more motivated to prevent unhealthy weight gain than those receiving generic weight gain prevention advice alone.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

University College London Ethics Committee, Sept 2010, ref: 2471/003

### Study design

Open two-arm individually randomized controlled trial

### **Primary study design**

Interventional

### **Study type(s)**

Prevention

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

Prevention of weight gain

### **Interventions**

Feedback group: Providing personal genetic risk status of the fat mass and obesity (FTO) associated gene implicated in weight gain + a leaflet containing generic weight loss prevention advice.

No Feedback group: Only leaflet with generic weight gain prevention advice (feedback returned at end of year).

High risk of contamination between groups prevented us to include a 'Control' group which receives neither genetic feedback nor leaflet.

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome(s)**

Self-reported motivation to prevent weight gain immediately after receiving genetic test feedback, assessed with several statements relating to weight gain prevention (Likert scale)

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

1. Self-reported motivation at follow-up
2. Self-reported efforts to prevent weight gain at follow-up
3. Body fat and weight change from baseline to follow-up, assessed by weighing and bioelectrical impedance
4. Interactions between feedback condition and gene test status

### **Completion date**

26/09/2013

## **Eligibility**

### **Key inclusion criteria**

All interested first year students between ages 18 and 25 from University College London, who are able to give consent

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

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

1. Inability to consent
2. Not aged between 18 and 25

**Date of first enrolment**

26/09/2010

**Date of final enrolment**

26/09/2013

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

United Kingdom

England

**Study participating centre**

**Health Behaviour Research Centre**

London

United Kingdom

WC1E 6BT

**Sponsor information****Organisation**

University College London (UK)

**ROR**

<https://ror.org/02jx3x895>

# Funder(s)

## Funder type

Charity

## Funder Name

Cancer Research UK (CRUK) (UK) (C1418/A10843)

## Alternative Name(s)

CR\_UK, Cancer Research UK - London, Cancer Research UK (CRUK), CRUK

## Funding Body Type

Private sector organisation

## Funding Body Subtype

Other non-profit organizations

## Location

United Kingdom

# Results and Publications

## Individual participant data (IPD) sharing plan

### IPD sharing plan summary

#### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/02/2015		Yes	No
<a href="#">Protocol article</a>	protocol	06/12/2012		Yes	No