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Expert patients as a coach in a self-management program for newly diagnosed patients with diabetes type two: a randomised controlled trial

Submission date
30/05/2007

Recruitment status
No longer recruiting

Registration date
30/05/2007

Overall study status
Completed

Last Edited
06/08/2021

Condition category
Nutritional, Metabolic, Endocrine

[X] 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

Study information

Scientific Title

Expert patients as a coach in a self-management program for newly diagnosed patients with diabetes type two: a randomised controlled trial

Acronym
DIO

Study objectives
1. Self-management coaching by an expert patient leads to more control and better quality of life in newly diagnosed patients with diabetes type two
2. Self-management coaching by an expert patient leads to better coping in newly diagnosed patients with diabetes type two
3. Self-management coaching by an expert patient leads to better quality of care in newly diagnosed patients with diabetes type two

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Primary study design
Interventional

Study design
Randomised, single blinded, active controlled, parallel group trial

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Diabetes Mellitus type 2

Interventions
Self-management coaching by an expert patient:
Patient-tailored information and counselling about diabetes and its consequences for functioning and lifestyle.

200 patients, included in the study within one year, will be randomised and stratified for sex. Patients in the experimental group (N = 100) are coached by an expert patient for three months. A self-management program is used with a focus on diet and physical activity. The coaching is given additional to the usual care by the general practitioner, dietician and diabetic nurse.

Before, three and six months after the intervention, all patients complete a questionnaire about quality of life, quality of care, self-efficacy, self-management behaviour and coping.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Self-efficacy.

Key secondary outcome(s)
1. Quality of life
2. Coping
3. Self-management behaviour
4. Quality of care

Completion date
01/04/2009

Eligibility

Key inclusion criteria
1. Patients with diabetes type two
2. Good understanding of Dutch language

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Not Specified

Sex
Not Specified

Total final enrolment
133

Key exclusion criteria
1. Impaired cognitive function
2. Belonging to minority group for which separate intervention is needed (Turkish, Moroccan, etc.)

Date of first enrolment
15/09/2007

Date of final enrolment
01/04/2009

Locations

Countries of recruitment
Netherlands

Study participating centre
University Medical Centre Utrecht (UMCU)
Utrecht
Netherlands
3508 TA

Sponsor information

Organisation
University Medical Centre Utrecht (UMCU) (The Netherlands)

ROR
https://ror.org/04pp8hn57

Funder(s)

Funder type
Research organisation

Funder Name
Diabetes Research Fund (The Netherlands)

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		01/10/2012	06/08/2021	Yes	No