

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	<input checked="" type="checkbox"/> Prospectively registered
Registration date 30/05/2007	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 06/08/2021	Condition category Nutritional, Metabolic, Endocrine	<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

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

Study design

Randomised, single blinded, active controlled, parallel group trial

Primary study design

Interventional

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