

A feasibility study of WATCH IT: a community intervention to reduce morbidity in obese children

Submission date
20/07/2007

Recruitment status
No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date
08/08/2007

Overall study status
Completed

☐ Statistical analysis plan

☒ Results

Last Edited
04/10/2017

Condition category
Nutritional, Metabolic, Endocrine

☐ 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

078174/Z/05/Z

Study information

Scientific Title

A feasibility study of WATCH IT: a community intervention to reduce morbidity in obese children
- a randomised controlled trial

Acronym

WATCH IT

Study objectives

This is a phase II trial which aims to assess the feasibility of conducting a definitive multicentre randomised controlled trial of the WATCH IT community programme for obese children.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approval received from Leeds West Ethics Research Committee on the 3rd May 2006 (ref: O6 /Q1205/14).

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Childhood obesity

Interventions

The intervention is a community based programme to tackle obesity through one-to-one and group sessions. The control group is a 12 month wait list control.

Intervention Type

Other

Phase

Phase II

Primary outcome(s)

The primary outcome is adiposity at 12 months. This will be assessed using % body fat by Dual Energy X-ray Absorptiometry (DEXA) scan, which will also provide more detailed outcomes relating to body fat: namely total and % fat mass, and total and % lean tissue, given as overall measures and broken down by region (abdomen, trunk, legs, arms).

Key secondary outcome(s)

Secondary outcomes of adiposity will be obtained from bioimpedance, BMI SD score and waist circumference at 6 and 12 months. Other secondary outcomes relate to feasibility (e.g. recruitment rate, attrition, acceptability etc.) plus, biomedical markers of morbidity, lifestyle, psychological measures and physical fitness.

Completion date

01/07/2008

Eligibility

Key inclusion criteria

Young people aged 8 - 15 years with a BMI (Body Mass Index) above the 98th centile are eligible provided they and their principal carer have fluent English.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

8 Years

Upper age limit

15 Years

Sex

Not Specified

Key exclusion criteria

1. Siblings of enrolled participants
2. Learning difficulties to a degree that precludes grasping the cognitive component of the programme
3. Recent initiation of obesity reduction medication (for example, orlistat, metformin and sibutramine)
4. Young people with a medical cause for obesity or a psychiatric morbidity

Date of first enrolment

01/10/2006

Date of final enrolment

01/07/2008

Locations

Countries of recruitment

United Kingdom

England

Study participating centre
Belmont House Paediatrics (Leeds Primary Care Trust)
3-5 Belmont House
Leeds
United Kingdom
LS2 9DE

Sponsor information

Organisation
University of Leeds (UK)

ROR
<https://ror.org/024mrxd33>

Funder(s)

Funder type
Charity

Funder Name
The Wellcome Trust (UK) (grant ref: 078174)

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	pilot study results	01/09/2006		Yes	No
Results article	RCT results	01/12/2011		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes