

Positive Online Weight Reduction (POWeR): a trial comparing access to an online weight management intervention to access to an online weight management intervention with brief telephone coaching.

Submission date 17/04/2012	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol ☐ Statistical analysis plan ☒ Results ☐ Individual participant data
Registration date 23/05/2012	Overall study status Completed	
Last Edited 01/04/2014	Condition category Nutritional, Metabolic, Endocrine	

Plain English summary of protocol

Background and Study Aims:

POWeR stands for Positive Online Weight Reduction. It is a website based weight management programme, developed by researchers and health professionals at the University of Southampton.

The current project will look at if and how POWeR is used and whether it helps people to lose weight. It will also explore the role of brief telephone calls with a weight management coach in getting people to use the online programme and to lose weight.

Who can participate?

The study is open to adults who are overweight and who have access to the internet on a regular basis. People who are interested in the study can find out more at www.power-northeast.org. They will need to answer some quick questions online to check that POWeR will be suitable for them before they can sign up.

What does the study involve?

Participants first complete some brief online questionnaires. Then the website will randomly choose whether the participant has

1. Immediate access to POWeR
2. Immediate access to POWeR plus two brief telephone coaching sessions
3. Access to POWeR after 8 weeks

The POWeR website is a series of online modules which the participant is encouraged to complete on a weekly basis. The POWeR intervention guides and supports users in changing their eating and physical activity. There are no strict dietary or exercise prescriptions; participants set themselves achievable, graded goals. Every session comprises self-monitoring, goal setting and tailored feedback on progress. Additional content of sessions are around topics such as fitting weight management into daily life, emotional triggers for eating and gaining social

support. Each session ends with personalised links to good online sources of information and advice about different aspects of weight management. Skills and strategies developed in the sessions are saved for the user to access later; their 'POWeR tools'. After 8 weeks all participants will be sent an email asking them to complete some questionnaires about their weight and their experiences of using POWeR. Some users will be invited to talk to the researchers on their phone in detail about how they got on with POWeR.

What are the possible benefits and risks of participating?

Participants who follow the POWeR programme are likely to lose weight in a safe and gradual way. Risks to participants are not expected. Potential users with serious health problems will be asked to check with their GP about the suitability of making dietary and exercise changes before making such changes. Participants will be directed to their GP in the case of any health concerns arising during the study.

Where is the study run from?

From the University of Southampton but people take part via a website so can do this from home.

Who is funding the study?

Engineering and Physical Sciences Research Council

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

The project starts in May 2012 and is expected to run until the end of September 2012.

Who is the main contact

Dr Laura Dennison

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www.power-northeast.org [URL will work from June 2012 onwards]

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Study information

Scientific Title

A randomised controlled trial of usage of an online weight management intervention by overweight/obese adults with and without human telephone support.

Acronym

POWeR

Study objectives

Does adherence to/engagement with a web weight management intervention, significantly increase due to the addition of minimal telephone-based human support?

This study explores uptake, usage, adherence and attrition within a web-based weight management programme when delivered with and without brief telephone-based human support

Ethics approval required

Old ethics approval format

Ethics approval(s)

University of Southampton Ethics Committee, 17 April 2012, ref: 1654

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Overweight/obesity

Interventions

Participants have 8 weeks either Web only, Web plus coach support or control group. They are then followed up and complete self-report questionnaires.

Web Only

This group will be given immediate access to the POWeR website.

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Web + coach support

This group will be given immediate access to the POWeR website (described above). Participants in this arm also receive two brief telephone calls from a POWeR coach at week 1 and week 5.

Control group (waiting list with delayed Web access)

This group will be given no intervention for 8 weeks. Participants in this arm will be given access to the POWeR website after 8 weeks.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Participants use of POWeR weight management website (objective data, recorded by the online intervention):

1. Number of POWeR goal review sessions completed
2. Time spent on POWeR website (minutes)
3. Number of log-ons

Key secondary outcome(s)

Self-reported weight loss between baseline and 8 weeks (kilograms)

Completion date

30/09/2012

Eligibility

Key inclusion criteria

1. Adults, aged 18 or older
2. Self-reported BMI >23
3. UK resident
4. Able to access the internet on a regular basis
5. Able and willing to weigh self once per week

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Key exclusion criteria

Potential participants with health conditions that influence their diet or physical activity are advised to check with their GP before taking part

Date of first enrolment

01/05/2012

Date of final enrolment

30/09/2012

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Academic Unit of Psychology

Southampton

United Kingdom

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Sponsor information

Organisation

University of Southampton (UK)

ROR

<https://ror.org/01ryk1543>

Funder(s)

Funder type

Research organisation

Funder Name

UBhave - Ubiquitous and Social Computing for Positive Behaviour Change (UK)

Funder Name

Engineering and Physical Sciences Research Council (UK) ref: EP/I032673/1

Alternative Name(s)

UKRI Engineering and Physical Sciences Research Council, Engineering and Physical Sciences Research Council - UKRI, Engineering & Physical Sciences Research Council, Science Research Council, Science and Engineering Research Council, EPSRC, SRC, SERC

Funding Body Type

Government organisation

Funding Body Subtype

National government

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?
Results article	results	28/03/2014		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes