

Multidisciplinary treatment program for overweight in a primary care setting.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON24385

Source

NTR

Brief title

N/A

Health condition

Overweight

Sponsors and support

Primary sponsor: Julius Center for Health Sciences and Primary Care, University Medical Center Utrecht (UMCU) and Municipal Health Service Utrecht, The Netherlands

Source(s) of monetary or material Support: Ministry of Health, Welfare and Sport (VWS)

Intervention

Outcome measures

Primary outcome

Change in weight.

Secondary outcome

Effect evaluation:

1. Change in BMI and waist circumference;
2. Change in blood pressure, blood glucose, blood lipids and Framingham risk score;
3. Change in energy-intake and energyconsumption;
4. Change in physical condition;
5. Change in use of health care and medication use.

Process evaluation:

6. Response;
7. Compliance;
8. Program-associated costs and workload.

Study description

Background summary

Overweight is increasing and associated with various health problems. In spite of the high prevalence, there are no well-structured primary care programs for overweight available in The Netherlands. Therefore, we developed a six-month multidisciplinary treatment program in a primary care setting that will be evaluated by using the research infrastructure of the Utrecht Health Project, a community-based prospective cohort study.

The aim of the present study is to determine the feasibility and efficacy of a multidisciplinary treatment program on weight loss and risk profile in an adult overweight population.

Hundred participants of the Utrecht Health Project are randomised to either a dietetic group or a dietetic plus physiotherapy group. The control group consist of another fifty participants recruited from the Utrecht Health Project and receives routine health care. Outcome measures are assessed at baseline, at the end of the treatment program and six months after the end of the treatment program.

The treatment program is considered effective with at least a 5% difference in mean weight change over time between the control and intervention groups.

Positive evaluation of the multidisciplinary treatment program for overweight may lead to implementation in routine primary health care.

Study objective

Treatment of overweight by a dietician has a larger effect on weight loss and risk profile as compared to no treatment. Additional treatment by a physiotherapist is beneficial for long-term maintenance of the result achieved as compared to treatment by a dietician only.

Study design

N/A

Intervention

1. Monthly meetings with a dietician during a half year period;
2. Monthly meetings with both a dietician and a physiotherapist during a half year period;
3. Routine health care (control).

Contacts

Public

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Scientific

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Eligibility criteria

Inclusion criteria

1. ≥ 18 and < 65 years of age;

2. Body Mass Index ≥ 28 and $< 35 \text{ kg/m}^2$;
3. Knowledge of the Dutch language;
4. Participate in the Utrecht Health Project, a community-based prospective cohort study in Leidsche Rijn, part of the city of Utrecht, The Netherlands.

Exclusion criteria

1. Participate in any other former or current intervention related to overweight;
2. Already under treatment by a dietician or physiotherapist;
3. Known diagnosis of depression, schizophrenia, anxiety disorder, binge eating disorder or bulimia nervosa;
4. Pregnancy;
5. Moving plans.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	09-03-2006
Enrollment:	150
Type:	Actual

Ethics review

Positive opinion

Date: 16-03-2006

Application type: First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL574
NTR-old	NTR630
Other	: N/A
ISRCTN	ISRCTN61786515

Study results

Summary results

N/A