

Effectiveness of cCBT-Based Ecological Momentary Intervention vs. Diet-Only for Obesity

No registrations found.

Ethical review	Not applicable
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON28480

Source

NTR

Brief title

Think Slim

Health condition

Obesity

Sponsors and support

Primary sponsor: Maastricht University, Department of Psychology and Neuroscience, Department of Knowledge Engineering

Source(s) of monetary or material Support: Philips, Stichting voor de Technische Wetenschappen (STW), Nederlandse Organisatie voor Wetenschappelijk Onderzoek (NWO), Nationaal Initiatief Hersenen en Cognitie (NIHC)

Intervention

Outcome measures

Primary outcome

- (1) Weight loss immediately after the intervention
- (2) Weight loss at respectively 3-months and 1-year post-intervention

Secondary outcome

- (1) Influence of eating-related dysfunctional cognitions
- (2) Patterns of behaviour leading to healthy/unhealthy eating

Study description

Background summary

Importantly, it should be noted that ethical approval was obtained from the standing ethical committee of the Faculty of Psychology and Neuroscience (FPN) of Maastricht University. The METC of the Maastricht Academic hospital and FPN have an agreement on which research proposals can be evaluated by the faculty ethical committee and which ones have to be forwarded to the METC.

This trial will investigate the effectiveness of a momentary assessment-based intervention (Think Slim) that includes a cCBT for obesity protocol delivered via the internet and smartphone. Of particular interest is the effectiveness of Think Slim to reduce post-intervention weight regain.

Study objective

Relative to a diet-only wait-list control condition, cCBT-Based Ecological Momentary Intervention is more effective at...

- (1) ...achieving (sustained) weight loss, also at a 3-month and 1-year follow-up.
- (2) ...reducing eating-related dysfunctional cognitions.
- (3) ...establishing healthier eating patterns.

Study design

6 Weeks of cCBT preceded and followed by 1 week of Ecological Momentary Assessment

Intervention

(1) Computerized Cognitive Behavioural Therapy (cCBT) for Obesity provided as an Ecological Momentary Intervention (EMI), with no therapist involvement + Calorie-restricting diet

(2) Calorie-restricting diet only

Contacts

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Eligibility criteria

Inclusion criteria

(1) Age: between 18 and 60

(2) BMI > 25

(3) Fluent in Dutch

(4) In possession of an iPhone

Exclusion criteria

- (1) Pregnancy
- (2) Eating disorders
- (3) Appetite-influencing medication
- (4) Treatment for depression
- (5) Cardiovascular disease
- (6) Enrolment in other obesity-related treatments (under supervision by a healthcare professional)
- (7) Diabetes-2
- (8) Going on extended holidays (>7 days) during the trial period.

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	11-01-2016
Enrollment:	102
Type:	Anticipated

Ethics review

Not applicable

Application type:

Not applicable

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 NL5372

NTR-old NTR5473

Other Ethische Commissie Psychologie (ECP) te Maastricht // Healthy Lifestyle Solutions (HLS) : 159_09_06_2015_A1 //12028

Study results