

A pilot study of the effectiveness of a maintenance treatment by Short Message Service (SMS) in overweight and obese children, after a short-term multidisciplinary cognitive behavioural group therapy.

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To determine the effectiveness of a maintenance treatment by SMS (SMSMT) in overweight and obese children, after a short-term multidisciplinary cognitive behavioural group therapy (CBGT).

Ethical review	Approved WMO
Status	Recruiting
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON31274

Source

ToetsingOnline

Brief title

DVC-pilot study

Condition

- Other condition

Synonym

Overweight and obesity

Health condition

In deze studie gaat het om gevolgen van verkeerde eet- en beweeggewoonten. Kinderen met overgewicht en obesitas tengevolge van een somatische aandoening worden uitgesloten.

Research involving

Human

Sponsors and support

Primary sponsor: Erasmus MC, Universitair Medisch Centrum Rotterdam

Source(s) of monetary or material Support: Ministerie van OC&W, Stichting YouTurn, Vodafone

Intervention

Keyword: Behavior Therapy, Child, Obesity, Overweight

Outcome measures

Primary outcome

Dropout rate and BMI-SDS. Since overweight and obesity are measured in terms of BMI and BMI-values are corrected for age and gender in children, the outcome measure will be BMI-SDS.

Secondary outcome

Energy uptake, physical fitness, problem behaviour, family functioning, health-related quality of life.

Study description

Background summary

Overweight and obesity in children are rapidly increasing in the Netherlands, and are associated with overweight and obesity in adulthood, other serious health problems, and psychosocial problems. According to the recent Health Council report on overweight and obesity, it is important to develop multidisciplinary cost-effective treatment programs that lead to long-term weight reduction in order to prevent secondary illnesses and psychosocial problems. These treatment programs should include behavioural strategies, such as goal setting, monitoring, environmental control and reinforcement of healthy

behaviours. Positive outcomes of the current study may lead to the nationwide implementation of the proposed CBGT/SMSMT treatment program.

Study objective

To determine the effectiveness of a maintenance treatment by SMS (SMSMT) in overweight and obese children, after a short-term multidisciplinary cognitive behavioural group therapy (CBGT).

Study design

RCT with 2 groups. After a cognitive-behavioral group treatment (CBGT). After the CBGT, patients will be randomized to Short Message Service Maintenance Treatment (n=50) and no maintenance treatment (n=50).

Intervention

SMSMT: Over a 42-week period, participants will input self-monitoring data on relevant parameters (exercise, eating pattern, and mood) in a standardized format directly into their mobile phone once a week and will receive a feedback message on their progress via a semi-automated software program.

Study burden and risks

The burden and risks due to filling in questionnaires is minimal, both for children and parents. Psychologists are present during filling in of questionnaires, in order to answer any questions that may arise and to help parents and children. The maintenance treatment implies receiving and answering SMS-messages. This will hardly cause any burden or risk for children and parents. Indeed, this type of aftercare aims at supporting children and parents, parallel to the follow-up sessions during the 42 weeks of maintenance treatment.

Contacts

Public

Erasmus MC, Universitair Medisch Centrum Rotterdam

Postbus 2040
3000 CA Rotterdam
Nederland

Scientific

Erasmus MC, Universitair Medisch Centrum Rotterdam

Postbus 2040
3000 CA Rotterdam
Nederland

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Children (2-11 years)

Inclusion criteria

Age 7 to 12 yrs, Body Mass Index - Standard Deviation Score (BMI-SDS) ≥ 1.1 .

Exclusion criteria

Problem behavior (Youth Outcome Questionnaire score ≥ 46), insufficient command of Dutch language, other disease causing overweight that can be treated with drugs, diagnosis of eating disorder (DSM-IV).

Study design

Design

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

Primary purpose: Treatment

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	09-07-2007
Enrollment:	100
Type:	Actual

Ethics review

Approved WMO	
Date:	03-07-2007
Application type:	First submission
Review commission:	METC Erasmus MC, Universitair Medisch Centrum Rotterdam (Rotterdam)

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
CCMO	NL16866.078.07