

Multidisciplinary treatment program for overweight in a primary care setting.

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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...

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON24385

Bron

NTR

Verkorte titel

N/A

Aandoening

Overweight

Ondersteuning

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

Overige ondersteuning: Ministry of Health, Welfare and Sport (VWS)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Change in weight.

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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.

Onderzoeksopzet

N/A

Onderzoeksproduct en/of interventie

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).

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. ≥ 18 and < 65 years of age;
2. Body Mass Index ≥ 28 and < 35 kg/m²;
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.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	09-03-2006
Aantal proefpersonen:	150
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	16-03-2006
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

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

Resultaten

Samenvatting resultaten

N/A