

BWeL - Brief Intervention for Weight Management



The research proposal:

Over the last two years we have been recruiting people to our BWeL trial which is looking at the effectiveness of a brief intervention for weight management delivered by GPs to overweight and obese patients. Trials are large experiments where we divide people randomly into two groups and give one group one treatment and another group a different treatment. We then follow-up people to see how treatments have affected people by comparing the two groups.

In the BWeL trial we tested whether it was effective for a GP to offer support to lose weight to people who were attending the surgery for other reasons at the end of the consultation. They did this by saying something like, 'Did you know the best way to lose weight is to get support from Slimming World? I can refer you now, free on the NHS. Are you willing to give that a try?'. The other condition was the doctor advising their patient that losing weight would help their health. 'Losing weight will mean you are less likely to develop diabetes'. In the BWeL trial we will test which of these strategies leads to greater weight loss 1 year after seeing the doctor.

So where are we now?

BWeL finished recruitment in December 2014. We are now in the follow up phase. Follow up consists of a telephone call at 3 months where we take a self-reported weight followed by another call at 12 months where we take another self-reported weight that is then confirmed during a face to face visit where we obtain an objective weight measurement.

We have completed the 3 month follow up phase and we were able to contact 76.7% of participants over the phone for a self-reported weight. 68.6% of those participants who could have been seen for their 12 month follow up at this point, have been followed up and an objective weight measure has been obtained. We have a self-reported weight for 74.6% of participants ready for 12 month follow up. We anticipate that follow up will be completed by February 2016.

How can our Weight Management Panel get involved?

We are currently looking for two new PPI members to sit on our Trial Steering Committee (TSC). The role of the TSC is to provide independent advice to the research team on the best way to manage the study and to use the resources we have been given for the study.