

The DROPLET Trial - Doctor Referral of Overweight People to Low Energy Treatment



The research proposal:

DROPLET is a trial testing a very low energy diet. This is a diet of about 800 calories a day and mostly consists of food replacements, though participants on the diet eat one very small meal a day. For many people, this diet may seem extreme and it is sometimes called crash dieting and many people instinctively feel that it will lead to rapid weight regain. However, our research and other people's research shows this is not the case. We think it may actually help people to lose weight very rapidly and to concentrate all their effort into a few weeks of dieting rather than a much longer approach, which requires constant mental vigilance. In this trial, we will test if we can use these diets safely and effectively in general practices. We will compare people using the very low energy diet, provided by a company called Cambridge Weight Plan, with a weight loss programme supported by a practice nurse.

How did our Weight Management Panel get involved?

In March this year we sent an email to the Weight Management Panel to find two people to become members of the DROPLET Trial Steering Committee. We have now recruited two members and the first Trial Steering Committee meeting will take place in September.

So where are we now?

The trial is due to start in the early autumn and we will keep you updated with information about its progress. Do remember with this trial and with all our trials, we cannot give you or even know ourselves which treatment appears to be doing best. We keep this information secret so we do not bias the trial.