



InterACT is about healthy living. The purpose is to investigate whether a way of helping people to make healthy changes to their lifestyles will help them to control weight gain and stay physically fit. Healthy changes will involve helping people to identify individual action plans to enable them to make lasting changes to diet and daily activity.

Why is the study being done?

Sometimes we don't know which approach to helping people stay physically fit and healthy works best. To find out, we need to compare the Healthy Living Intervention to usual care. To do this we would randomly (like tossing a coin) assign to two groups. One group will provide usual care plus the healthy living intervention. The other group would receive usual care only. The results will then be compared to see if the healthy living intervention gives additional benefits to usual care in terms of helping people control weight gain and staying physically fit and healthy.

Who can take part?

Anybody who is currently being seen by the Early Intervention Service is aged 16-35 and who has a BMI over 25 (or over 24 for persons from the South Asian community).

What happens to people who participate?

Interested people will be asked to meet with a researcher to find out if the study is suitable for them and the researcher will be able to answer any questions or concerns at this visit.

People who agree to take part will be allocated at random to one of 2 groups:

- The Healthy Living Intervention plus usual care from the EIS
- Usual care from the EIS

The Healthy Living Intervention will involve meeting up with a support time recovery worker eight times over one year. During this time the support time recovery worker would help people to develop individual goals and action plans. These goals would concern diet and activity levels. In addition, every person who takes part in the healthy living intervention will be given a healthy living booklet and the opportunity to attend healthy living groups with other service users.

All people who take part will be visited by the researcher at the start of the study, after 6 months and after 12 months. During this time people will be asked to complete some questionnaires about their diet and activity levels, their thoughts about losing weight and how they are feeling. In addition, people will be asked if they agree to having their height and weight measured, their waist measured and their BMI calculated. These assessments will take approximately 1 hour to complete and can be done either at home or a suitable NHS location.

Confidentiality

All information which is collected during the course of the research will be kept strictly confidential.

Assessments will be conducted by:

Diane Escott, InterACT Research Assistant

Contact

If you require further information about the study please contact Diane on 0161 306 7885