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Innovative online portal to support persons with obesity: STOP Project RCT

Anne Moorhead

A Moorhead¹, H Zheng², F Engel³, B Vu³, M Hemmje⁴, L Lynch¹, R Bond², H Wang², M McTear²

¹School of Communication and Media, Ulster University, Belfast, UK

²School of Computing, Ulster University, Belfast, UK

³Forschungsinstitut für Telekommunikation und Kooperation, Dortmund, Germany

⁴GLOBIT GmbH, Barsbüttel, Germany

Contact: a.moorhead@ulster.ac.uk

Background:

This research is part of the STOP project, a H2020 RISE project funded by European Commission (GA No 823978) to address the challenge of preventing obesity in Europe. The interdisciplinary European STOP project aims to establish a data and knowledge ecosystem as a basis for the STOP Portal to enable healthcare professionals in decision support, and persons with obesity in analysis and feedback of health information to optimise healthy nutrition. The aim of this current randomised controlled trial (RCT) was to determine the effectiveness of the newly developed system for adults with overweight and obesity to lose weight.

Methods:

This was a pilot two-arm RCT: 1. intervention (n = 15) and 2. control (n = 15). All the participants were adults with overweight or obesity. The intervention group used the STOP Portal, while the control group did not use this system, no intervention. Participants were randomised into one of the two groups using a computer randomised programme. The primary outcome was percentage reported weight loss, by three months. Four data collection points for both the intervention and control groups at 1. baseline (month 0); 2. month 1; 3. month 2; and 4. month 3. The STOP Portal collects the following data: physiological data, knowledge resources, biomedical data, self-reporting activity and food data. Ethical approval was obtained.

Results:

A total of 30 adults registered for this pilot RCT and participated up to three months. The results clearly indicated that adults (18 years+) who were overweight or obese and were in the intervention group and using the STOP Portal significantly ($P < 0.001$) lost body weight (kg; % weight loss; BMI). Thus the STOP Portal was significantly effective for participants losing body weight.

Conclusions:

Overall, the STOP Portal is easy to use, fit for purpose and is significantly effective for adults with overweight and obesity to lose weight.

Key messages:

- Innovative online portal, STOP Portal, is significantly effective for adults with overweight and obesity to lose weight.

- This project addresses obesity management and prevention through the foundation of an innovative platform to support persons with obesity with a better nutrition.