

Self-Weighing for Weight Management in Adolescents Seeking Obesity Treatment: A Randomized Pilot

Status: Recruiting

Eligibility Criteria

Sex: Male or Female

Age Group: Up to 18 years old

This study is NOT accepting healthy volunteers

Inclusion Criteria:

- aged 12 to <18 years - BMI at the 95th percentile or greater - weight loss or maintenance determined as the treatment goal by PWMC provider

Exclusion Criteria:

- any unhealthy weight control behaviors - participation in other PWMC study - developmental delay - diagnosis that might cause weight fluctuations in weight - severe anxiety or depression

Conditions & Interventions

Interventions:

Device: EHR-Connected Scale, Device: Simple Scale, Other: Standard Care

Conditions:

Children's Health

Keywords:

children's health, obesity, weight, weight management

More Information

Description: This study will test whether adding in daily weighing (5-7 days per week) is helpful in weight loss. In adults, it has been found to be helpful to have individuals who are obese to be more successful with their weight loss efforts if they weigh themselves at home every day. We want to see if this could be helpful in children as well. This research will last for about 12 weeks (3 months).

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