

# Cultural adaptation of an existing children's weight management programme: the CHANGE intervention and feasibility RCT

Miranda Pallan,<sup>1\*</sup> Tania Griffin,<sup>1</sup> Kiya L Hurley,<sup>1</sup> Emma Lancashire,<sup>1</sup> Jacqueline Blissett,<sup>2,3</sup> Emma Frew,<sup>1</sup> Laura Griffith,<sup>4</sup> Karla Hemming,<sup>1</sup> Kate Jolly,<sup>1</sup> Eleanor McGee,<sup>5</sup> Janice L Thompson,<sup>6</sup> Louise Jackson,<sup>1</sup> Paramjit Gill,<sup>1,7</sup> Jayne Parry<sup>1</sup> and Peymane Adab<sup>1</sup>

<sup>1</sup>Institute of Applied Health Research, University of Birmingham, Birmingham, UK

<sup>2</sup>School of Psychology, University of Birmingham, Birmingham, UK

<sup>3</sup>Faculty Research Centre for Technology Enabled Health Research, Coventry University, Coventry, UK

<sup>4</sup>School of Social Policy, University of Birmingham, Birmingham, UK

<sup>5</sup>Birmingham Community Nutrition, Birmingham Community Healthcare NHS Trust, Birmingham, UK

<sup>6</sup>School of Sport, Exercise and Rehabilitation Sciences, University of Birmingham, Birmingham, UK

<sup>7</sup>Warwick Medical School, University of Warwick, Coventry, UK

\*Corresponding author [m.j.pallan@bham.ac.uk](mailto:m.j.pallan@bham.ac.uk)

**Declared competing interests of authors:** Eleanor McGee was the manager of the First Steps children's weight management programme (the programme on which this study is based). Peymane Adab is a member of the National Institute for Health Research (NIHR) Public Health Research Funding Board. Jayne Parry undertakes committee work for the NIHR that attracts a small stipend, which is paid directly to the University of Birmingham where she is employed full-time.

Published July 2019

DOI: 10.3310/hta23330

## Plain English summary

### The CHANGE intervention and feasibility RCT

Health Technology Assessment 2019; Vol. 23: No. 33

DOI: 10.3310/hta23330

NIHR Journals Library [www.journalslibrary.nihr.ac.uk](http://www.journalslibrary.nihr.ac.uk)

## Plain English summary

Many programmes have been designed for children with excess weight and their families to help them try and lose weight. Often families start going to these programmes but do not complete them. This has been noted to be an issue in families from ethnic minority communities.

We aimed to adapt an existing programme for families of primary school children with excess weight to make it more suitable for Pakistani and Bangladeshi families. We asked parents from these communities who had experience of the existing programme what they thought about it and what they would like to change. We used this information to help us adapt the existing programme. We also aimed to make the programme acceptable to families of all ethnicities. We then aimed to (1) test delivery of the adapted programme, (2) see whether or not it was acceptable to Pakistani and Bangladeshi families and families of other ethnicities and (3) test methods to be used in a future research study to determine whether or not the adapted programme helps children to lose weight and provides value for money. We asked parents and children who attended and the staff delivering the new programme for their views. A panel of Pakistani and Bangladeshi parents helped us to plan our study methods.

The programme was successfully delivered and the parents, children and staff all enjoyed it. Overall, 76% of families from all ethnic backgrounds who started attending the programme completed it. This was substantially higher than the 58% of families who completed the standard (unadapted) programme. We identified several issues that we would need to take into account when designing a future study. These include making sure that the families taking part are not overburdened and that we take steps to make sure that as many families as possible are followed up until the end of the study.

ISSN 1366-5278 (Print)

ISSN 2046-4924 (Online)

Impact factor: 4.513

*Health Technology Assessment* is indexed in MEDLINE, CINAHL, EMBASE, The Cochrane Library and the Clarivate Analytics Science Citation Index.

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics (COPE) ([www.publicationethics.org/](http://www.publicationethics.org/)).

Editorial contact: [journals.library@nhr.ac.uk](mailto:journals.library@nhr.ac.uk)

The full HTA archive is freely available to view online at [www.journalslibrary.nhr.ac.uk/hta](http://www.journalslibrary.nhr.ac.uk/hta). Print-on-demand copies can be purchased from the report pages of the NIHR Journals Library website: [www.journalslibrary.nhr.ac.uk](http://www.journalslibrary.nhr.ac.uk)

## Criteria for inclusion in the *Health Technology Assessment* journal

Reports are published in *Health Technology Assessment* (HTA) if (1) they have resulted from work for the HTA programme, and (2) they are of a sufficiently high scientific quality as assessed by the reviewers and editors.

Reviews in *Health Technology Assessment* are termed 'systematic' when the account of the search appraisal and synthesis methods (to minimise biases and random errors) would, in theory, permit the replication of the review by others.

## HTA programme

The HTA programme, part of the National Institute for Health Research (NIHR), was set up in 1993. It produces high-quality research information on the effectiveness, costs and broader impact of health technologies for those who use, manage and provide care in the NHS. 'Health technologies' are broadly defined as all interventions used to promote health, prevent and treat disease, and improve rehabilitation and long-term care.

The journal is indexed in NHS Evidence via its abstracts included in MEDLINE and its Technology Assessment Reports inform National Institute for Health and Care Excellence (NICE) guidance. HTA research is also an important source of evidence for National Screening Committee (NSC) policy decisions.

For more information about the HTA programme please visit the website: <http://www.nets.nhr.ac.uk/programmes/hta>

## This report

The research reported in this issue of the journal was funded by the HTA programme as project number 12/137/05. The contractual start date was in September 2014. The draft report began editorial review in June 2017 and was accepted for publication in October 2017. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The HTA editors and publisher have tried to ensure the accuracy of the authors' report and would like to thank the reviewers for their constructive comments on the draft document. However, they do not accept liability for damages or losses arising from material published in this report.

This report presents independent research funded by the National Institute for Health Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health and Social Care. If there are verbatim quotations included in this publication the views and opinions expressed by the interviewees are those of the interviewees and do not necessarily reflect those of the authors, those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health and Social Care.

**© Queen's Printer and Controller of HMSO 2019. This work was produced by Pallan *et al.* under the terms of a commissioning contract issued by the Secretary of State for Health and Social Care. This issue may be freely reproduced for the purposes of private research and study and extracts (or indeed, the full report) may be included in professional journals provided that suitable acknowledgement is made and the reproduction is not associated with any form of advertising. Applications for commercial reproduction should be addressed to: NIHR Journals Library, National Institute for Health Research, Evaluation, Trials and Studies Coordinating Centre, Alpha House, University of Southampton Science Park, Southampton SO16 7NS, UK.**

Published by the NIHR Journals Library ([www.journalslibrary.nhr.ac.uk](http://www.journalslibrary.nhr.ac.uk)), produced by Prepress Projects Ltd, Perth, Scotland ([www.prepress-projects.co.uk](http://www.prepress-projects.co.uk)).

## NIHR Journals Library Editor-in-Chief

**Professor Ken Stein** Professor of Public Health, University of Exeter Medical School, UK

## NIHR Journals Library Editors

**Professor John Powell** Chair of HTA and EME Editorial Board and Editor-in-Chief of HTA and EME journals. Consultant Clinical Adviser, National Institute for Health and Care Excellence (NICE), UK, and Honorary Professor, University of Manchester, and Senior Clinical Researcher and Associate Professor, Nuffield Department of Primary Care Health Sciences, University of Oxford, UK

**Professor Andrée Le May** Chair of NIHR Journals Library Editorial Group (HS&DR, PGfAR, PHR journals) and Editor-in-Chief of HS&DR, PGfAR, PHR journals

**Professor Matthias Beck** Professor of Management, Cork University Business School, Department of Management and Marketing, University College Cork, Ireland

**Dr Tessa Crilly** Director, Crystal Blue Consulting Ltd, UK

**Dr Eugenia Cronin** Senior Scientific Advisor, Wessex Institute, UK

**Dr Peter Davidson** Consultant Advisor, Wessex Institute, University of Southampton, UK

**Ms Tara Lamont** Director, NIHR Dissemination Centre, UK

**Dr Catriona McDaid** Senior Research Fellow, York Trials Unit, Department of Health Sciences, University of York, UK

**Professor William McGuire** Professor of Child Health, Hull York Medical School, University of York, UK

**Professor Geoffrey Meads** Professor of Wellbeing Research, University of Winchester, UK

**Professor John Norrie** Chair in Medical Statistics, University of Edinburgh, UK

**Professor James Raftery** Professor of Health Technology Assessment, Wessex Institute, Faculty of Medicine, University of Southampton, UK

**Dr Rob Riemsma** Reviews Manager, Kleijnen Systematic Reviews Ltd, UK

**Professor Helen Roberts** Professor of Child Health Research, UCL Great Ormond Street Institute of Child Health, UK

**Professor Jonathan Ross** Professor of Sexual Health and HIV, University Hospital Birmingham, UK

**Professor Helen Snooks** Professor of Health Services Research, Institute of Life Science, College of Medicine, Swansea University, UK

**Professor Ken Stein** Professor of Public Health, University of Exeter Medical School, UK

**Professor Jim Thornton** Professor of Obstetrics and Gynaecology, Faculty of Medicine and Health Sciences, University of Nottingham, UK

**Professor Martin Underwood** Warwick Clinical Trials Unit, Warwick Medical School, University of Warwick, UK

Please visit the website for a list of editors: [www.journalslibrary.nihr.ac.uk/about/editors](http://www.journalslibrary.nihr.ac.uk/about/editors)

**Editorial contact:** [journals.library@nihr.ac.uk](mailto:journals.library@nihr.ac.uk)