

Targeted recruitment and personal contact is key in achieving ethnic representation in weight management trials.

Exploring the enrolment of people most at risk from obesity in weight management studies: A scoping review of weight management study characteristics

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Key Findings

- 12.5% of behaviour change weight management trials recruit ethnically representative participants.
- Very few studies target their recruitment to achieve an ethnically representative population.
- In addition to targeting for ethnic diversity, person-based support is also required to ensure a representative study population is recruited and retained.

Introduction

- 15 million people in the UK live with obesity, rising to 21 million by 2040, increasing pressure on primary care services.
- Risk of obesity differs between ethnic groups, with the highest prevalence being observed among people of black ethnicity.
- Patients most at risk are typically under represented in trials.
- This leads to an evidence gap in how best to treat people in higher risk ethnic minority groups.

Aim

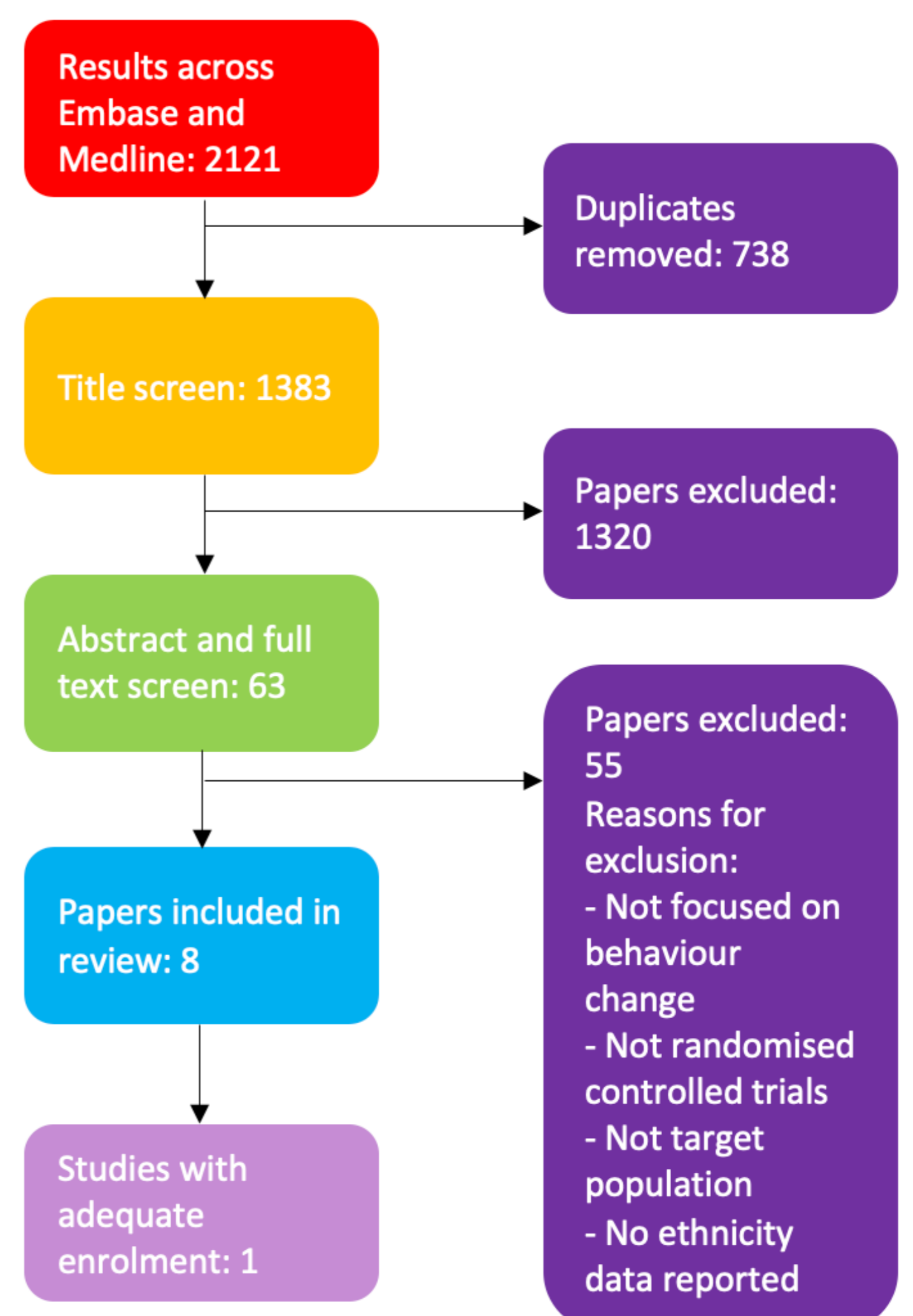
- To investigate the characteristics of weight management studies which enroll representative groups of participants living with obesity.

Methods

- Embase and MEDLINE were searched for weight management RCT's conducted in the UK.
- A participation to obesity prevalence ratio >0.8 defined adequate enrolment of participants from ethnic minorities.
- Recruitment and retention strategies were compared.

Results & Conclusions

- Most studies did not recruit an ethnically representative population.
- 2 studies specifically targeted recruitment of individuals from ethnic minority groups but differed in their approach.
- The key difference between success and failure to recruit a representative sample was inclusion of personal support, such as group advice sessions, in the intervention.
- Gaining an understanding of user experience to understand why recruitment varies and why study characteristics, such as group support, might appeal more to certain groups is an important next step.



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