

# Text messaging to help women with overweight or obesity lose weight after childbirth: the intervention adaptation and SMS feasibility RCT

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**Disclaimer:** This report contains transcripts of interviews conducted in the course of the research and contains language that may offend some readers.

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## Plain English summary

The intervention adaptation and SMS feasibility RCT

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## Plain English summary

Many women struggle to lose weight after pregnancy. Women become aware of the importance of good health during and after pregnancy, and so might be open to changing their diet or becoming more active when they have a baby. On the other hand, women's lives change completely. Their attention becomes focused on caring for their baby rather than themselves. This means that any support provided to women to help them lose weight after pregnancy needs to fit in with their busy and constantly changing lives. Women who recently had a baby helped us design a text messaging service to support weight loss after pregnancy. We then invited 100 women who were overweight or obese to take part in a pilot trial (a small-scale trial) to see if women liked the messages and found them useful. Women had a 50 : 50 chance of receiving, for 12 months, weight management messages or general messages about child health and development. Researchers visited women in their own homes every 3 months to collect measurements such as weight and waist circumference and to complete questionnaires. Some women also took part in a short interview at 3 and 12 months to share their experiences of the study. Women received a token of appreciation for their time commitment to the research. More than four out of every five women completed the study. Women rated the messages very highly and felt that they provided much needed support and motivation for weight loss. Women receiving the weight management messages lost more weight than the women in the group receiving the child health messages, although the small numbers in the trial mean that we do not know for sure how well the messages work. This needs to be tested in a larger trial. If successful, this intervention could be made widely available to women when they have a baby.



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