

SPH Compendium of Research

Background

SP Health Co. is committed to providing the highest of quality, evidence based products to consumers. Therefore, SP Health has invested heavily in research and development by establishing a long-term collaboration with the University of Newcastle.

This research will not only benefit our local and international community by contributing answers to part of the obesogenic puzzle, but with every research outcome the evidence is invested back into the product design to ensure consumers are receiving the best evidence based product on the market.

The University of Newcastle has conducted various study designs including randomised controlled trials, cohort studies and pilot studies. The major studies conducted to date include:

1. **SP Health Randomised Controlled Trial**, funded by The Australian Research Council Linkage Project. **Chief Investigators:** Prof Clare Collins, Prof Robin Callister and Prof Philip Morgan.

A gold standard randomised controlled trial to investigate the efficacy of SP Health's online weight loss platform. The results have been presented in several stages: 12 week, 24 week and 18 months. Over 300 participants (males and females) who were overweight or obese were recruited and randomised to one of three groups for the weight loss intervention: basic, enhanced or control. Following this weight loss phase, participants were re-randomised into one of two weight loss maintenance programs for a further 18 months.

2. **SP Health Cohort Study**, various funding including by the University of Newcastle Australian Postgraduate Award (APA) and SP Health Postgraduate Scholarship. **Chief Investigator:** Dr Melinda Hutchesson

A cohort that tracked over 11,000 real world participants of the SP Health Biggest Loser Club program, conducted to establish the value of The Biggest Loser Club program as a treatment option for overweight and obese adults.

3. **SP Health Challenge Cohort Study**, Penn Foundation Postdoctoral Research Fellowship and Priority Research Centre in Physical Activity and Nutrition Seed Funding. **Chief Investigator:** Dr Melinda Hutchesson

A medium cohort of 1334 real world participants tracked over 8 weeks to compare weight loss, and other outcomes, from a fast tracked 8-week challenge group to the standard program.

Other smaller pilot studies and process evaluation studies are also currently being conducted. The results of all the investigations have been published in scientific, peer-reviewed journals and conference presentations.

Publications in Peer Reviewed Journals

1. Hutchesson MJ, Collins CE, Morgan PJ, Watson JF, Guest M, Callister R. Changes to dietary intake during a 12-week commercial web-based weight loss program: a randomized controlled trial. *European Journal of Clinical Nutrition*. 2014; 68, 64–70.
2. Collins CE, Neve MJ, Williams R, Young M, Morgan PJ, Fletcher K, Callister R. Effectiveness of interventions with a dietary component on weight loss maintenance: A systematic review. *JBI Database of Systematic Reviews and Implementation Reports*. 2013; 11(8): 317-414.
3. Collins CE, Morgan PJ, Hutchesson MJ, Callister R. Efficacy of Standard Versus Enhanced Features in a Web-Based Commercial Weight-Loss Program for Obese Adults, Part 2: Randomized Controlled Trial. *Journal of Medical Internet Research*, 2013. 15(7): e140.
4. Hutchesson MJ, Collins CE, Morgan PJ, Callister R. An 8-week web-based weight loss challenge with celebrity endorsement and enhanced social support: Observational Study. *Journal of Medical Internet Research*, 2013. 15(7): e129.
5. Collins CE, Morgan PJ, Jones P, Fletcher K, Martin J, Aguiar EJ, Lucas A, Neve MJ, Callister R. A 12-week commercial web-based weight-loss program for overweight and obese adults: randomized controlled trial comparing basic versus enhanced features. *Journal of Medical Internet Research*, 2012. 14(2): p. e57.
6. Neve MJ, Morgan PJ, Collins CE Behavioural factors related with successful weight loss 15 months post-enrolment in a commercial web-based weight-loss programme. *Public Health Nutrition* 2011: 1-11.
7. Neve M, Morgan PJ, Collins CE. Weight change in a commercial web-based weight loss program and its association with website use: cohort study. *Journal of Medical Internet Research*, 2011. 13(4): p. e83.
8. Collins CE, Morgan PJ, Jones P, Fletcher K, Martin J, Aguiar EJ, Lucas A, Neve M, McElduff P, Callister R. Evaluation of a commercial web-based weight loss and weight loss maintenance program in overweight and obese adults: a randomized controlled trial. *BMC Public Health*, 2010. 10: 669.
9. Neve MJ, Collins CE, Morgan PJ. Dropout, nonusage attrition, and pre- treatment predictors of nonusage attrition in a commercial Web-based weight loss program. *Journal of Medical Internet Research*, 2010. 12(4): p. e69.
10. Neve MJ, Morgan PJ, Collins CE. Participant characteristics and reach of a commercial web-based weight loss program. *Nutrition & Dietetics*, 2010. 67(4): 267-274.
11. Neve M, Morgan PJ, Jones PR, Collins CE. Effectiveness of web-based interventions in achieving weight loss and weight loss maintenance in overweight and obese adults: a systematic review with meta-analysis. *Obesity Reviews*. 2010;11(4):306-21

Conference Abstracts: Published in Peer Reviewed Journals

1. Martin L, Collins CE, Neve M, Guest M, Callister R, Morgan P. Characteristics and dietary intakes of adult mis-reporters entering a weight loss study. International Conference on Diet and Activity Methods. 2012. Rome, Italy.
2. Collins, C.E., et al., Changes in dietary intake after 12-week commercial web-based weight loss program. *Obesity Research & Clinical Practice*, 2011. **5**: p. S65.
3. Collins, C.E., et al., 6-Month outcomes in a randomised controlled trial comparing basic and enhanced versions of a commercial web-based weight loss program. *Obesity Research & Clinical Practice*, 2011. **5**: p. S48.
4. Collins, C.E., et al., Efficacy of Commercial Web-Based Weight Loss: A Randomized Controlled Trial Comparing Programs with Basic Versus Enhanced Features. *Journal of the American Dietetic Association*, 2011. **111**(9): p. A11.
5. Neve, M.J., et al., Weight change among participants who subscribe to a commercial-web based weight loss program for 1-year. *Obesity Research & Clinical Practice*, 2010. **4**: p. S3.
6. Collins, C., et al., Weight loss outcomes for over 10,000 participants in a 12-week commercial web-based program. *Obesity Reviews*, 2010. **11** (**11**): p. 822-823.
7. Collins, C.E., et al., A randomised controlled trial using a commercial web-based weight loss program. *Obesity Research & Clinical Practice*, 2010. **4**: p. S72-S73.
8. Neve, M.J., et al., Is website use associated with weight loss in a commercial web-based weight loss program? *Obesity Research & Clinical Practice*, 2010. **4**: p. S2.

Conference Abstracts: Published in Conference Proceedings

1. CE Collins, PJ Morgan, MJ Neve, R Callister. *Efficacy of a web-based commercial weight loss program applying automated and personalised e-feedback*. International Society of Behavioural Nutrition and Physical Activity, 22nd-25th May 2013, Ghent Belgium (Oral Presentation).
2. Hutchesson MJ, Callister R, Collins CE. *Is a web, smartphone or paper-based food record more accurate or acceptable?* International Society of Behavioural Nutrition and Physical Activity, 22nd-25th May 2013, Ghent Belgium (Poster Presentation).
3. O'Brien K, Hutchesson MJ, Morgan PJ, Callister R, Collins CE. *Participants in a commercial online weight loss program can improve diet quality during weight loss: a randomized controlled trial*. 20th European Congress of Obesity. 12th-15th May 2013, Liverpool UK (Poster Presentation).
4. Callister R, Lucas A, Collins CE, Morgan PJ. *Sex differences in weight loss and biomarker responses to an online weight loss program*. 2011 Annual Meeting of the International Society for Behavioural Nutrition and Physical Activity. June 2011. Melbourne, Australia (Poster presentation).
5. Fletcher K, Collins CE, Morgan PJ, Callister R. *Effectiveness of interventions with a dietary component on weight loss maintenance: A systematic review*. 2011 Annual Meeting of the International Society for Behavioural Nutrition and Physical Activity. June 2011. Melbourne, Australia (Oral presentation).
6. Neve MJ, Collins CE, Morgan PJ. *Behavioural factors associated with long-term weight loss success in a commercial web-based weight loss program*. 2011 Annual Meeting of the International Society for Behavioural Nutrition and Physical Activity. June 2011. Melbourne, Australia (Oral presentation).
7. Neve MJ, Collins CE, Truby H, Morgan PJ, Davies PSW, Callister R. *Accuracy of self-reported energy intake using a web-based food diary*. 2011 Annual Meeting of the International

Society for Behavioural Nutrition and Physical Activity. June 2011. Melbourne, Australia (Poster presentation).

8. Neve MJ, Morgan PJ, Collins CE. *Web-based weight loss: How can the internet support dietitians to treat overweight and obese clients?* Nutrition & Dietetics 2010; 67(S1): S4
9. Neve MJ, Collins CE, Morgan PJ. *Predictors of retention rates in a 12-week commercial web-based weight loss program.* Asia Pac J Clin Nutr 2009; 18 (Suppl 3): S40
10. Neve MJ, Morgan PJ, Collins CE. *Weight loss in the real world: outcomes of a commercial web-based weight loss program.* Australian and New Zealand Obesity Society ASM, Melbourne, October 2009
11. Neve MJ, Collins CE, Callister R, Morgan PJ. *Validity of energy intake obtained from a web-based food diary before and after a web-based weight loss program.* International Conference of Diet and Activity Methods, Washington DC, USA. June 2009.
12. Neve MJ, Morgan PJ, Jones P, Collins CE. *Effectiveness of web-based interventions in achieving weight loss and weight maintenance.* Asia Pac J Clin Nutr 2008;17 (Suppl 3): S67
13. Neve MJ, Morgan PJ, Collins CE. *Who enrolls in a commercially available web-based weight loss program?* Australian and New Zealand Obesity Society Annual Society Meeting, Brisbane, Queensland. November 2008.
14. Jones P, Crook A. *The food label goes online.* Australian and New Zealand Obesity Society Annual Society Meeting, Brisbane, Queensland. November 2008.