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


Conference Abstracts: Published in Peer Reviewed Journals


Conference Abstracts: Published in Conference Proceedings


