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Body weight awareness and support for mums during pregnancy (BUMP2.0): protocol for a feasibility study

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BACKGROUND AND AIM

Gaining more weight than recommended during pregnancy can put mothers and babies at risk of medical complications.

Regular self-weighing has been shown to be an effective weight control strategy outside of pregnancy, and if enacted in pregnancy, it could improve health outcomes for women and their babies.

The aim of our study is to explore the feasibility of a new mobile app-based intervention, designed to support women to manage their weight gain from early or mid-pregnancy.

METHODS

Feasibility randomised controlled trial

120 women, <20 weeks' gestation, randomised 2:1 intervention vs usual care

Follow-up >34 weeks' gestation

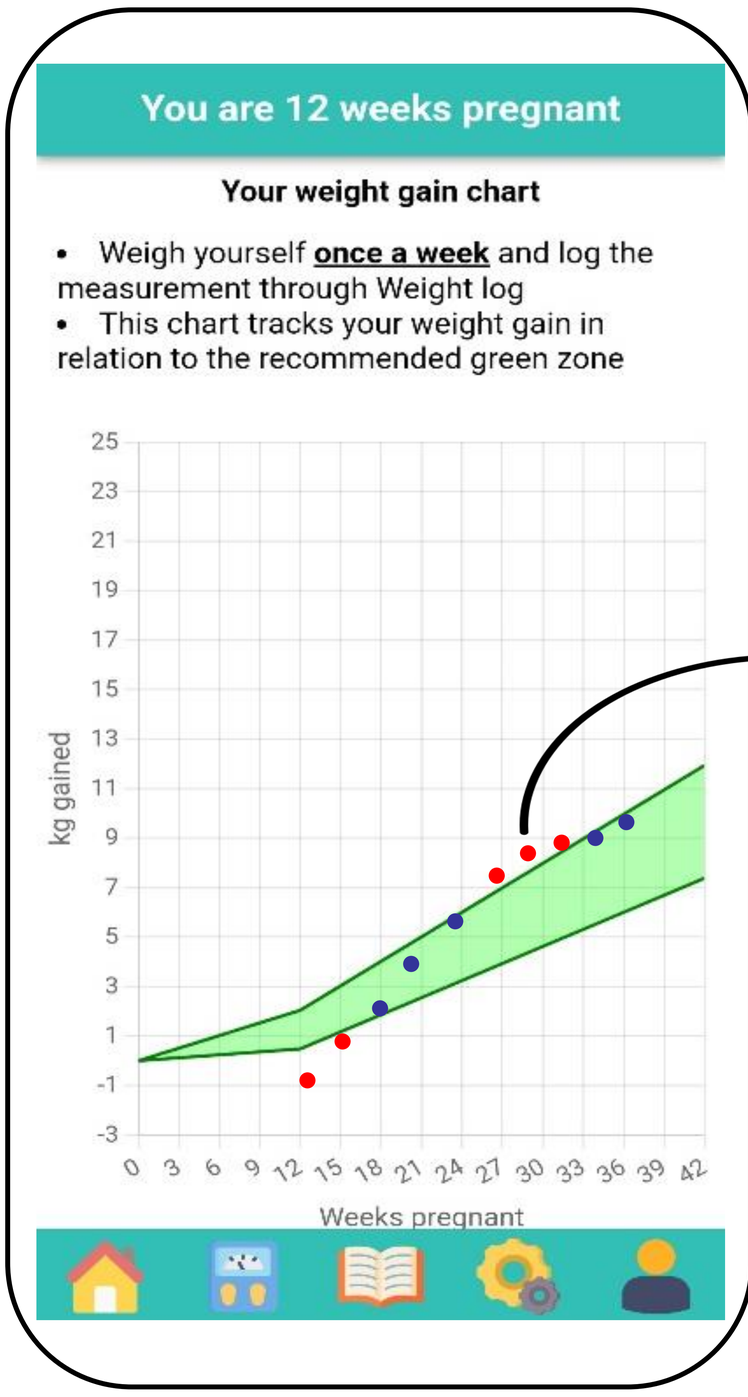
1. **Feasibility outcomes**: engagement with weight logging on the app and retention in the study
2. **Other outcomes:** % participants exceeding weight gain recommendations, weight change, process measures, qualitative measures

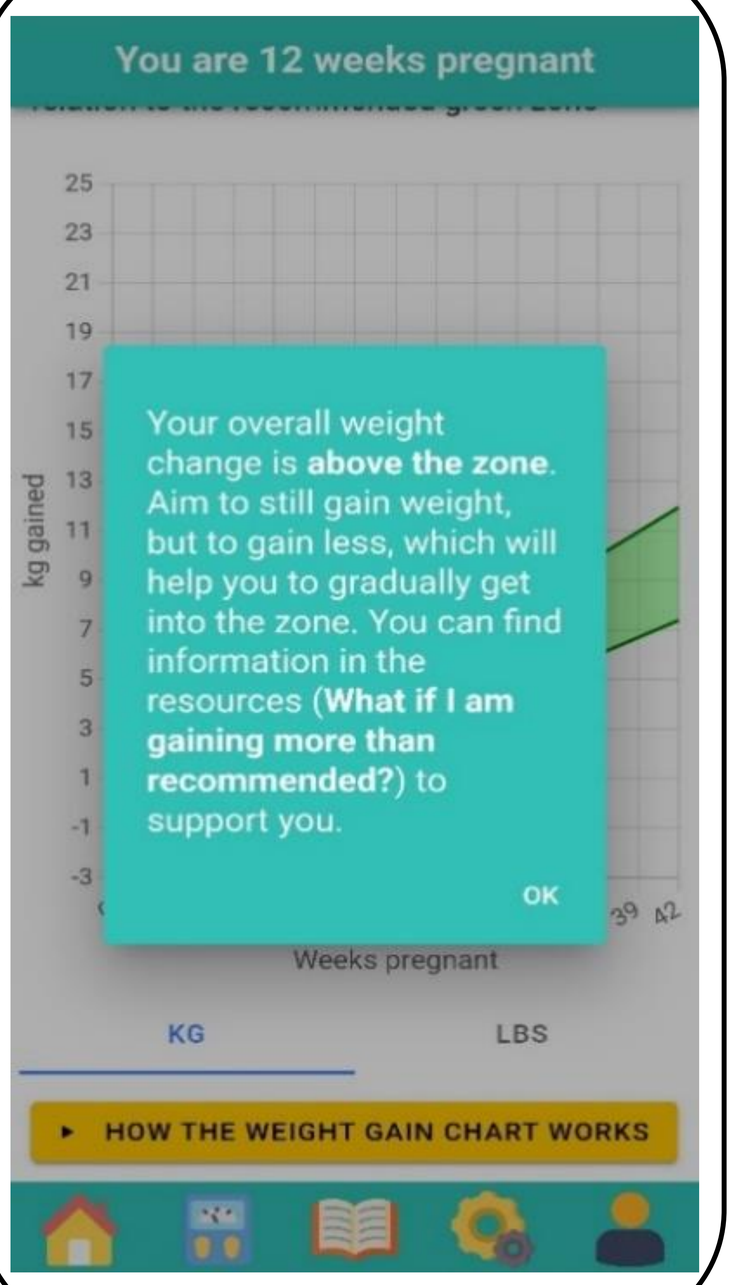
THE BUMP APP AND INTERVENTION

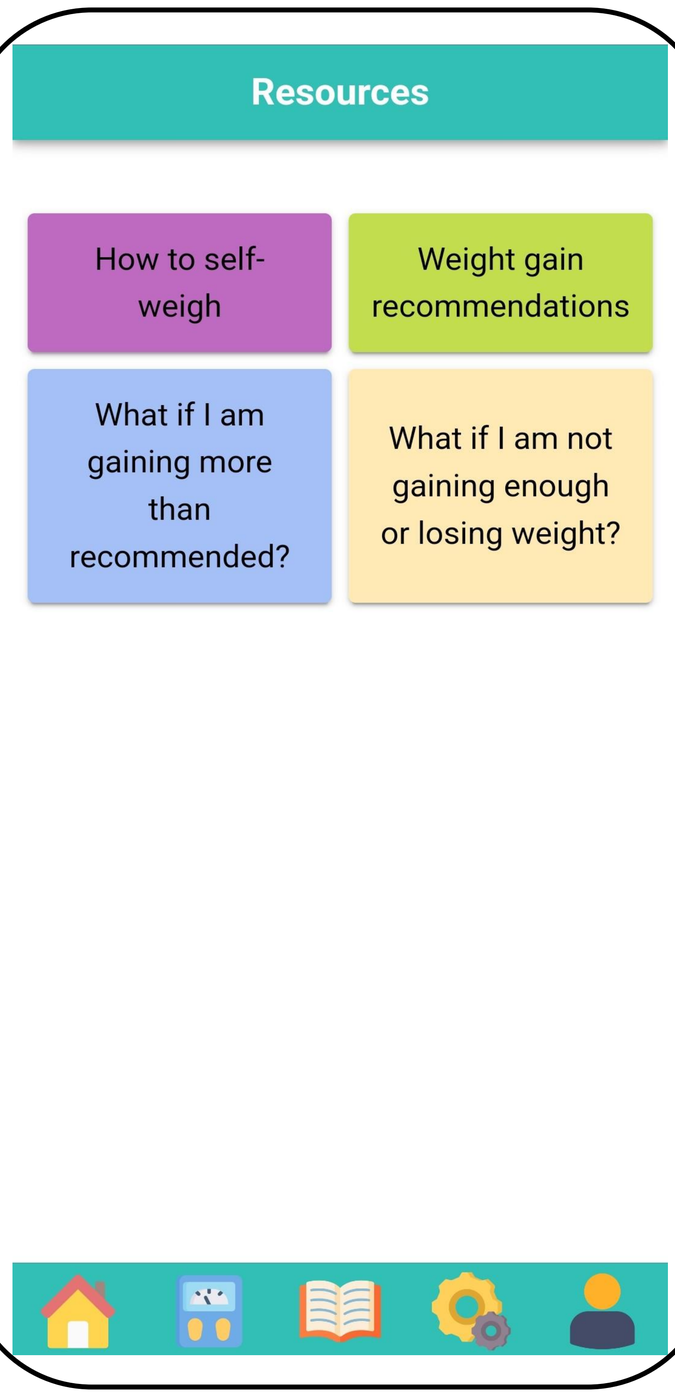
Weekly self-weighing and tracking based on the Institute of Medicine weight gain recommendations

Automated feedback

Light-touch resources







IMPLICATIONS

The feasibility study results will inform whether to progress to a full-scale trial to test the clinical effectiveness of this intervention in helping women manage their weight gain and improve health outcomes during pregnancy.

FIND OUT MORE

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