



ReDIRECT
Remote Diet Intervention to
REduce long COVID symptoms Trial

The ReDIRECT study newsletter

August 2022 - issue 1

Welcome to the first issue of the ReDIRECT study newsletter.

The ReDIRECT study is funded by the UK National Institute for Health Research (NIHR) and led by the University of Glasgow. ReDIRECT is testing a remote intervention of weight management for people living with Long COVID.

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Meet the trial team



Laura Haag and Janice Richardson (top left and right) have been the key contact point for all ReDIRECT participants, and are involved with recruitment as well as follow-up. Yvonne Cunningham (bottom right) is conducting the qualitative interviews, and Heather Fraser (bottom left) is involved in the health economics evaluation of the trial.

Recruitment news

Recruitment to the ReDIRECT study is now complete, with participants now enrolled in either intervention or control arms of the study.

We are particularly grateful to the many institutions and individuals who have helped us, by spreading the word about the study. This includes GP practices, local Gurdwaras, football clubs, Long COVID Scotland group, Long COVID clinics, clinical research networks, councils and occupational health services across the UK, as well as colleagues in NHS Health Boards, Scottish government, and charities, including British Heart Foundation and Chest, Heart and Stroke Northern Ireland.

Progress update

Most of our participants have now started on the study, half allocated to the weight management arm, half to the control group. Those who are in the control group will enter the weight management programme after 6 months.

ReDIRECT is entirely “remote” with all interactions online or via phone. So far, a small number of participants have already completed their first 6 months, and have logged their data into our bespoke online data entry system. Trial team members Janice and Laura (left) are working hard to ensure that the data is collected at our key timepoints, which are shown on the study diagram on page 2!

ReDIRECT funders, sponsors & institution

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ReDIRECT

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Our PPI team



Jane Ormerod (top) and Chris White (bottom) are representatives from Long COVID Scotland, a patient-led organisation which has worked with the academic and clinical team to develop the ReDIRECT project from the onset. Jane and Chris attend study meetings, which happen every 2 or 3 weeks, and are involved in discussing all aspects of the study, from protocol review to dissemination.

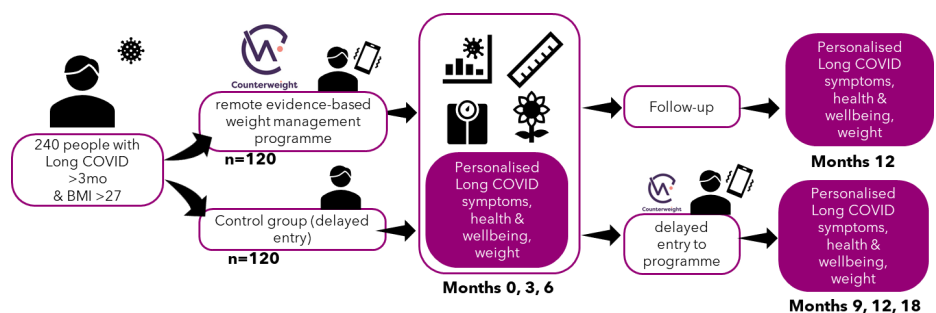


The ReDIRECT trial design

ReDIRECT is a randomised controlled trial—this means that people are allocated at random to control or treatment group. Those who are allocated to treatment undertake a 12-month weight management programme delivered by Counterweight Ltd., while those allocated to control wait for 6 months before starting the programme.

It is critical to document the experience of all of the trial participants, regardless of experience or group allocation. This is to ensure that we have a dataset as complete as possible when it is time to carry out analyses of the study results.

Study researchers Laura and Janice liaise with all participants to monitor changes in Long COVID symptoms at key timepoints: at study start, and every 3 months until the end of the weight management programme. We do not yet have results to present as it is too early in the study — we hope to report our first findings in 2023.



KEEP IN TOUCH

@ReDIRECT_study

ReDIRECT_study

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More about ReDIRECT:

<https://redirectstudy.co.uk/>

What's next?

The research team is currently preparing a manuscript describing the ReDIRECT protocol in detail, which will be submitted open access. Do you have a specific topic you would like covered in the next newsletter? Please let us know via email!

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