“Preventing Excessive Weight Gain During Pregnancy Through Dietary and Lifestyle Counseling: A Randomized Controlled Trial”
(Asbee SM, Jenkins TR, Butler JR, White J, Elliot M, Rutledge A)
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1. What type of study design did the authors use in this study? Why did they choose this study design? What are the benefits and disadvantages of this design to achieve their objectives?

2. How was randomization performed? Are there potential biases for this method of randomization method?

3. The authors described that the trial was explained in full to the patients—how did they ensure that those randomized to normal standard care did not modify their lifestyle themselves? How might this affect the trial results?

4. The authors excluded those who after randomization did not fulfill the inclusion criteria or met exclusion criteria. Is this appropriate? How should this be handled in a clinical trial? Why would this occur and how could this impact the study? Could this bias the results?

5. The power analysis found that 61 women were needed in each group, yet only 100 women were available for analysis. What is a power analysis and what does it mean? What are the implications if the number of patients needed for the trial is not achieved? How does this affect the results of the trial?

6. There are numerous secondary analyses performed in this trial. Are there any concerns about performing multiple statistical tests on secondary analyses? What precautions are taken to ensure that the statistical tests are not spurious?

7. What are the implications of these findings for clinical care? Should the results of this trial change clinical practice? Will you alter your clinical care based on the findings?