PPI recruitment for:

A practical approach for tackling type 2 diabetics’ treatment burden in primary care: Cluster RCT of a low-carbohydrate app-based intervention for people with type 2 diabetes living with overweight/obesity

**What is the benefit of GP practices prescribing a low-carb dietary app to treat type 2 diabetes?**

* Do you have type-2 diabetes or do you care for someone who does?
* Would you like to hear about an exciting new dietary option for type-2 diabetes?
* Can you help us design a trial to see if it will really work in general practices?

Low-carbohydrate diets are gaining popularity because they can help control blood sugar and promote weight loss in people with type 2 diabetes. Many people may come across low-carbohydrate diets on their own, but there isn’t yet a widely available evidence-based approach that is directly intended for people with type 2 diabetes.

We intend to determine if GP practices can reduce or stop treatments for patients with type 2 diabetes who are “prescribed” a low-carb diet using a popular app-based dietary program that has been developed in the UK. We are designing a trial to compare the app with standard diabetes care in general practice. We will test out how patients with type 2 diabetes reduce/stop medications, lose weight and control their blood sugar over a two-year period. We will also make an educational toolkit to help doctors understand how to change medications for patients who are following a low-carb diet for type 2 diabetes.

We are looking for patients who are interested in helping design this research to take part in an online focus group and to join a patient panel to inform our study.

Please contact GP Dr Rachel Spencer on [r.spencer.2@warwick.ac.uk](mailto:r.spencer.2@warwick.ac.uk) if you would like to take part