

## Lifestyle Counseling and Medication for Adolescent Weight Management

**Status:** Recruiting

### Eligibility Criteria

**Age:** Up to 18 years old

This study is also accepting healthy

**Healthy Volunteers:** volunteers

#### Inclusion Criteria:

- ages 12-17 - BMI greater than or equal to the 95th percentile for age and sex

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#### Exclusion Criteria:

- Type 1 or Type 2 diabetes - use of medications for obesity in the past 6 months - any treatment with growth hormone - bariatric surgery - major mental health diagnosis (study staff will review) - pregnant or plan to become pregnant - significant medical diagnosis (study staff will review)

### Conditions & Interventions

#### Conditions:

Children's Health, Diabetes & Endocrine

#### Keywords:

Obesity, Overweight, weight loss

### More Information

**Description:** This study will compare the effectiveness and durability of intensive behavioral counseling vs. medical management plus low-intensity behavioral counseling on BMI, body fat, cardiometabolic risk factors, and quality of life in adolescents with severe obesity. We hypothesize that Wegovy (semaglutide) plus low-intensity behavioral counseling will elicit superior reductions in BMI (primary efficacy endpoint) and body fat and greater improvements in cardiometabolic risk factors and quality of life compared to intensive behavioral counseling at 56 weeks.

**Contact(s):** Nina Jacobs - njacobs@umn.edu

**Principal Investigator:** Aaron Kelly

#### IRB

**Number:** STUDY00012932

**System ID:** 33826

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