

Project scope: Digital Type 2 Diabetes Remission Programme

08 March 2023

Research question

What is the clinical and cost effectiveness of a digitally delivered Type 2 Diabetes Remission Programme?

Inclusion criteria

The selection of studies for inclusion in the literature review element of the project will be based on the following criteria:

Population	Adults newly diagnosed with Type 2 Diabetes
Intervention	Digital Diabetes Remission is a digital type 2 Diabetes remission programme to be delivered alongside diet replacement products with online dietician and psychological support
Comparator	Current practice: non-digital Counterweight Plus weight management programme (Counterweight Begin your journey to better health)
Outcomes	Progression of diabetes Quality of life Psychological issues Adverse effects Cost effectiveness Patient views, preferences, etc
Limits	English language Systematic reviews and meta-analyses for clinical effectiveness (<i>There appears to be sufficient secondary evidence based on the topic exploration. We may expand study design limits at a later stage.</i>) Qualitative studies for patient and social aspects Cost effectiveness analyses

Planned activities

SHTG have agreed on the following activities to support the development of an SHTG Assessment on the Digital Type 2 Diabetes Remission Programme

1. Review the published literature on clinical effectiveness and cost effectiveness of a digital diabetes remission programme. The review will include an appraisal of the evidence used by NHS England to inform their decision making on the use digital diabetes remission programmes.
2. Develop a budget impact analysis for Scotland.
3. Conduct peer review of the evidence.
4. Development of a plain language version of the evidence review.

End products

At the end of the project, SHTG will publish:

- SHTG Assessment
- Plain language summary

Timescales (approximate)

Approximately two months, starting in Feb 2023.