

# Project Scope: Digital prevention programme for people at risk of developing Type 2 diabetes

December 2024

## Research question

What evidence is available on the clinical and cost effectiveness of digital diabetes (type 2) prevention programmes?

## Inclusion criteria

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

<b>Population</b>	People identified as 'at risk' of developing Type 2 diabetes in primary care with a diagnosis of pre-diabetes or postpartum gestational diabetes (GDM).
<b>Intervention</b>	Digital prevention programmes capable of national roll out.  <b>Digital programmes that comply with NICE PH38, specifically:</b> <ul style="list-style-type: none"> <li>• 9 months or more in duration,</li> <li>• based on a clear behaviour change methodology,</li> <li>• more intensive at the start delivering core sessions frequently (e.g. weekly or fortnightly)</li> <li>• Must include health coach input (human support)</li> </ul>
<b>Comparator</b>	No intervention/do nothing Non-digital or remote approaches - <b>in person</b> , NearMe, My Desmond's Lets Prevent or Prevent IT. Generic weight loss programme existing face to face service based on individual choice and needs
<b>Outcomes</b>	Improved patient outcomes: Reduced: HbA1c to normal range, BMI, % weight loss, prevention of GDM in subsequent pregnancies

	<p>Engagement:  Recruitment and uptake  Dropout rates at 3, 6 and 9 months.  Completion rates</p> <p>User experience – patient and staff experience (including accessibility, impact on waiting lists, time saving, staff freed up for more complex work),</p> <p>Economics:  Programme costs, cost-effectiveness, QALYs, healthcare resource utilisation</p>
<b>Limits</b>	<p>English language  Since 2023 (that is, from the date of the search for previous work)</p>

## Planned activities

1. Review and summarise the recent literature on digital prevention programmes for type 2 diabetes
2. Undertake a cost analysis to illustrate the resource impact of a digital prevention programme in Scotland
3. Update our [2023 SHTG advice](#)

## End products

At the end of the project, SHTG will publish:

- SHTG Assessment
- Plain language summary

## Timescales (approximate)

Work on the project started in December 2024 and will aim to be completed by April 2025.

January: evidence review draft by 31 January (for internal use only).

January/February: undertake cost analysis

April: publication on SHTG website.