

Effectiveness of a Lifestyle Intervention for Pregnant Women With Abnormal Glucose Metabolism in Early Pregnancy: EAGM Trial

NCT06767722

Status	RECRUITING
Phase	Not Applicable
Sponsor	First Affiliated Hospital, Sun Yat-Sen University
Enrollment	3,430 participants

Key Eligibility Criteria

Inclusion (5)

- Over 18 years of age.
- Able to provide informed consent.
- Confirmed viable pregnancy on a nuchal translucency scan done between 11+0 and 13+6 weeks.
- Singleton pregnancies.
- An abnormal glucose metabolism determined by a blood test performed before 14 weeks, defined as FPG 5.1-6.9mmol/L and/or HbA1c 5.7-6.4%.

Exclusion (4)

- Pregestational diabetes (diagnosed as diabetes mellitus before pregnancy, or FPG ≥ 7.0 mmol/L, or HbA1c $\geq 6.5\%$ at the first prenatal visit), impaired fasting glucose or impaired glucose tolerance diagnosed before pregnancy.
- Plan for termination of pregnancy due to fetal anomaly identified at the first trimester scan.
- Use of medications known to interfere with glucose metabolism (e.g. corticosteroids, antipsychotic drugs) at the time of randomisation.
- Any other physical (serious medical conditions such as cancer, organ failure, epilepsy, paraplegia, disability) or psychological condition (e.g. learning difficulties, serious mental illness) that is likely to interfere with the conduct of the trial according to evaluation by the trial monitoring group.

Locations (1 total)

The First Affiliated Hospital, Sun Yatsen University, Guangzhou, Guangdong, China