DiRECT – a study in routine NHS General Practice

30 Practices

280 people

INTERVENTION
2 weekly visits to 20 weeks then 4 weekly
140 people

CONTROL
Visits at 0, 12 and 24 weeks
140 people

DiRECT – a study in routine NHS General Practice

1. What proportion of people with type 2 diabetes can be returned to ongoing normal health?
   - 2 weekly visits to 20 weeks then 4 weekly visits
   - 140 people

2. What psychological factors lead to success?
   - 140 people

3. What metabolic changes ensure continuing normal metabolism?
   - 140 people