

Six Monthly report for Grant number:

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Grant Application Title:

“....

Extract from the “conditions” for awarded grants: “If the Trustees are able to make a grant it must be used exclusively for the purposes specified in the application. The Trustees will require interim and final reports on any project they have supported.”

### Six Monthly Report Form

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**Question 1:** Please tell us whether progress against the original timetable has been maintained. If not, please tell us what may have delayed the project.

Excellent progress has been maintained against the revised timetable which was included in our last report in April 2024 (first table below). The final stages of writing up and dissemination have been started and are currently in progress. All other aspects of the study have been completed.

Progress at 13 April 2024 (green completed; amber in progress or not commenced)

Months →	01/24	03/24	05/24	07/24	09/24	11/24	01/25	03/25	05/25	07/25	09/25
Background	✓										
Literature	✓							✓	X	X	
Proposals	✓										
Ethics		✓	✓	✓							
Preparation				✓	✓	✓					
Recruitment						✓	✓	✓	X		
Interview							✓	✓	✗		
Focus Groups								X	X		
Data Analysis								✓	X	X	
Write Up									X	X	
Dissemination										X	→

Progress at 30 September 2024 (green completed; amber in progress or not commenced)

Background	✓										
Literature	✓							✓	✓	✓	
Proposals	✓										
Ethics		✓	✓	✓							
Preparation				✓	✓	✓					
Recruitment						✓	✓	✓	✓		
Interview							✓	✓	✓		
Focus Groups								✓	✓		
Data Analysis								✓	✓	✓	
Write Up									✓	✓	→
Dissemination										✓	→

**Question 2:** Have the costs you anticipated been incurred? Have you claimed these costs from the Trustees and, if not, when do you anticipate doing so?

The costs incurred during the last six months related primarily to staff salaries and transcription and are as anticipated (with one transcription invoice awaited and remaining staff costs). The costs have been claimed from the Trustees through four invoices (with one invoice due for October 2024).

Invoice 1 of 5	£2720	23/10/2023	Invoiced	74271
Invoice 2 of 5	£2720	19/01/2024	Invoiced	78871
Invoice 3 of 5	£2720	16/04/2024	Invoiced	83701
Invoice 4 of 5	£2720	02/07/2024	Invoiced	86757
Invoice 5 of 5	£2333			

**Question 3:** What plans do you have to publish the outcomes of the project and are these achievable

An abstract was submitted to the BDA Research Symposium on 22 July and has been accepted for presentation.

We will also submit an abstract to the International Congress of Dietetics before the deadline of 1 November 2024.

The written manuscript is partially completed with some further work required on the results and discussion needed before submission to the Journal of Human Nutrition and Dietetics. This should be completed before the end of November 2024. We believe this is achievable.

Local dissemination to service users will take on 7 November at a meeting of the South Ambridge Group of Service Users

**Question 4:** Overall, how is the project going? Is there anything you would like the Trustees to be aware of?

Overall, the project has gone well and the findings have been very interesting and exceeded our expectations.

The study's aim to explore patients' preferences for diet and nutrition preferences has been met and provided some clear pointers about what is important to those who participated. In addition, the data have yielded useful information about other aspects of dietetic consultations from the perspective of patients and their carers.

Although we were not able to recruit equal numbers of men and women, the efforts to engage more men that were reported in April, were fruitful with men representing approximately 30% of final participants.

The Trustees specifically asked that we included other conditions, in addition to long term conditions, when asking about participants preferences. This was undertaken in all interviews and focus groups using diabetes and cardiovascular disease as examples. The discussions that followed indicated that the participants had limited opinions about other conditions unless they had a co-morbidity or knew other people with other conditions. The major finding, which we believe is important, is the concern expressed about "unhealthy foods" including those which are prescribed and we intend to follow this up.

Date:

Print Name:

Signature:

Organisation details:

Please return the completed form to [get@bda.uk.com](mailto:get@bda.uk.com) quoting your reference number.