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The Randomized Trial of Achieving Healthy Lifestyles in Psychiatric Rehabilitation (ACHIEVE)

Selected by the Society for Clinical Trials as 2013 Trial of the Year

The Randomized Trial of Achieving Healthy Lifestyles in Psychiatric Rehabilitation (ACHIEVE) earned recognition as “Trial of the Year” by the Society for Clinical Trials (SCT) as the most noteworthy clinical trial published in 2013 that not only produced remarkable results but also marked a milestone in clinical trials of behavioral interventions.

Gail Daumit, the lead author from the trial, will address the Society for Clinical Trials 35th Annual Meeting at the Philadelphia Sheraton Downtown, during a plenary session on Tuesday, May 20, 2014 at 4:00 p.m. Visit www.sctweb.org for more information on the meeting.

The study (Daumit GL, Dickerson FB, Wang N-Y, et al. A Behavioral Weight-Loss Intervention in Persons with Serious Mental Illness. *N Engl J Med*, 2013;368:1594-1602) enrolled 291 overweight or obese adults at outpatient psychiatric programs. Of the participants, almost 58% had schizophrenia or schizoaffective disorder, 22% had bipolar disorder, 12% had major depression, and 8% had other conditions. Through a combination of dietary changes and exercise, the intervention group had significant weight loss over the 18 month follow-up period, compared with the control group that had usual dietary and exercise instructions.

Overweight is a major health problem in people with serious mental illness, with weight gain partly induced by medications, yet weight-loss programs rarely include such individuals. It has been thought that the success of lifestyle interventions in the mentally ill is unlikely, particularly in community settings. Because of the importance of the question and the ways in which the investigators overcame substantial barriers in conducting the trial, this trial was selected as the Trial of the Year for 2013.

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The Trial of the Year has always attracted great interest to SCT Annual Meeting attendees. Each year since 2008, it is awarded to a randomized, controlled trial published (either electronically or in print) in the previous calendar year that best fulfills the following standards:

- It improves the lot of humankind.
- It provides the basis for a substantial, beneficial change in health care.
- It reflects expertise in subject matter, excellence in methodology, and concern for study participants.
- It overcomes obstacles in implementation.
- The presentation of its design, execution, and results is a model of clarity and intellectual soundness.

Nominations came from Society members, investigators, and interested scholars from around the world. The 2013 Trial of the Year selection committee, headed by Lawrence Friedman, included Kay Dickersin, KyungMann Kim, Jonathan Kimmelman, and Steve Goodman. Attendees at the SCT 35th Annual Meeting will have the opportunity to learn more about this exciting study. The 2014 Trial of the Year selection committee will issue a call for nominations in fall, 2014. Visit www.sctweb.org for updates.

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About the Society for Clinical Trials: The Society for Clinical Trials, created in 1978, is an international professional organization dedicated to the development and dissemination of knowledge about the design, conduct and analysis of government and industry-sponsored clinical trials and related health care research methodologies. Visit www.sctweb.org.

About the Trial of the Year: Find a list of past [Trials of the Year](#) on the SCT website.

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