

CORRECTION

Open Access



Correction to: Protocol for a randomised controlled trial to investigate the effect of home- and gym-based resistance exercise training on glycaemic control, body composition and muscle strength

Ebaa Al Ozairi¹, Dalal Alsaeed^{1,2}, Dennis Taliping¹, Mohamad Jalali^{1,2}, Abeer El Samad¹, Anant Mashankar¹, Etab Taghdom^{1,2}, Nicola Guess¹, Jason M. R. Gill³, Naveed Sattar³, Cindy Gray⁴, Paul Welsh³ and Stuart R. Gray^{3*}

Correction to: *Trials* 21, 557 (2020)

<https://doi.org/10.1186/s13063-020-04480-2>

Following publication of the original article [1], the authors notified us of a few changes to the study protocol that had to be made due to the COVID-19 pandemic lockdown which has resulted in the full closure of local gym facilities.

The gym based supervised resistance exercise group had to be, for this reason, left out of the study. This leaves the control and home-based exercise groups, which are able to continue during the pandemic.

The objectives were “to test the hypothesis, in a randomized controlled trial, that home-based resistance exercise training and gym-based resistance exercise training both reduce HbA1c levels in people with type 2 diabetes compared to control. We will also investigate the effects of home- and gym-based resistance exercise training on muscle strength and body composition.” These will now be changed as follows: “to test the hypothesis, in a randomized controlled trial, that home-based resistance exercise training reduces HbA1c levels in people with type 2 diabetes compared

to control. We will also investigate the effects of home-based resistance exercise training on muscle strength and body composition.” We will adjust our statistical analysis plan accordingly to consider this change in study design and objectives.

Author details

¹Medical Division, Dasman Diabetes Institute, P.O.Box 1180, Dasman, Kuwait. ²Ministry of Health, Jamal Abdel Nasser Street, 13001 Sulaibkhat, Kuwait. ³Institute of Cardiovascular and Medical Sciences, University of Glasgow, Glasgow G12 8TA, UK. ⁴Institute of Health and Wellbeing, University of Glasgow, Glasgow, UK.

Published online: 15 July 2020

Reference

1. Ozairi, et al. Protocol for a randomised controlled trial to investigate the effect of home- and gym-based resistance exercise training on glycaemic control, body composition and muscle strength. *Trials*. 2020;21:557. <https://doi.org/10.1186/s13063-020-04480-2>.

The original article can be found online at <https://doi.org/10.1186/s13063-020-04480-2>.

* Correspondence: stuart.gray@glasgow.ac.uk

³Institute of Cardiovascular and Medical Sciences, University of Glasgow, Glasgow G12 8TA, UK



© The Author(s). 2020 **Open Access** This article is licensed under a Creative Commons Attribution 4.0 International License, which permits use, sharing, adaptation, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons licence, and indicate if changes were made. The images or other third party material in this article are included in the article's Creative Commons licence, unless indicated otherwise in a credit line to the material. If material is not included in the article's Creative Commons licence and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder. To view a copy of this licence, visit <http://creativecommons.org/licenses/by/4.0/>. The Creative Commons Public Domain Dedication waiver (<http://creativecommons.org/publicdomain/zero/1.0/>) applies to the data made available in this article, unless otherwise stated in a credit line to the data.