

**Study of the predictive ability of peripheral muscle function on quality of life impairment at 1 year in subjects with obesity. A cohort study.**

**OBLITAM**

Version n°3 of 22/02/2022

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**Interventional research involving humans with minimal risk and minimal burden (Type 2 HIPR)**

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## PROTOCOL VERSION HISTORY

<b>Version</b>	<b>Date</b>	<b>Reason for the change</b>
1	14/01/2022	Added clarification to the information note regarding the collection of oral consent from the patient.
2	03/02/2022	Request for changes to the PPC.

## RESEARCH SUMMARY

<b>Manager</b>	Forcilles Hospital-Cognacq-Jay Foundation
<b>Person who directs and monitors the research</b>	Andreia GOMES LOPES
<b>Title</b>	Study of the predictive ability of peripheral muscle function on quality of life impairment at 1 year in patients with obesity. A prospective study
<b>Acronym</b>	OBLITAM
<b>Protocol version</b>	n°3 of 22/02/2022
<b>Rationale / context</b>	<p>The assessment of health status and physical function is fundamental in patients with obesity, as they play an important role among the various factors influencing quality of life in this population. Several studies have shown an association between high BMI values and a significant deterioration in quality of life, especially in women. Excess body fat in obese patients appears to be responsible for impaired muscle function. This causal link is probably related to dysfunctions in adipose tissue, leading to a decrease in the expression of proteins responsible for muscle contraction. The recent literature highlights an alteration in the quality of life, particularly in obese and elderly subjects, for which changes in muscle function would be partly responsible.</p> <p>Changes in muscle function can be assessed by simple, rapid and non-invasive tools. These changes in the obese patient could be predictive of a decrease in quality of life. To our knowledge, no study has evaluated the predictive capacity of muscle alteration assessed by ultrasound on the medium-term quality of life of patients with obesity.</p>
<b>Main Objective</b>	The main objective of this study is to evaluate the predictive capacity of structural alteration of the quadriceps on the decrease in quality of life at 1 year in patients with obesity.
<b>Secondary objectives</b>	<p>Secondary objectives are to assess the association between:</p> <ul style="list-style-type: none"> <li>- Grip strength and quality of life at 1 year;</li> <li>- Quadriceps muscle strength and quality of life at 1 year;</li> <li>- Ultrasound measures of the quadriceps and quality of life at 1 year;</li> <li>- Ultrasound measurements of the quadriceps and autonomy at 1 year;</li> <li>- Grip strength and autonomy at 1 year.</li> </ul>
<b>Research Diagram</b>	This is a prospective, monocentric, interventional cohort study with minimal risks and constraints falling within the scope of article L.1121-1 of the Public Health Code. The research will be conducted in accordance with the protocol.
<b>Inclusion criteria</b>	<ul style="list-style-type: none"> <li>- Hospitalized in HDJ Nutrition;</li> <li>- Obese patient (BMI &gt; 30);</li> <li>- Patient at least 18 years of age at the time of inclusion;</li> <li>- Affiliation with a social security system or beneficiary of such a system ;</li> <li>- Oral, free, informed and express consent of the patient.</li> </ul>
<b>Non-inclusion criteria</b>	<ul style="list-style-type: none"> <li>- Patient refusal to participate in the study;</li> <li>- Known pregnancy;</li> <li>- State of Consciousness Incompatible with Obtaining Consent;</li> <li>- Person subject to a safeguard of justice measure ;</li> <li>- Patient under guardianship or curatorship.</li> </ul>

<b>Primary endpoint</b>	Predictive ability of femoral rectus muscle echogenicity on decrease in SF-36 quality of life score at 1 year.
<b>Secondary endpoints</b>	The secondary evaluation criteria will be: <ul style="list-style-type: none"> <li>- The association between grip strength measured by the hand-grip and the SF-36 quality of life score at 1 year;</li> <li>- The association between lower extremity strength measured by maximal voluntary quadriceps force with dynamometry and the SF - 36 quality of life score at 1 year;</li> <li>- The association between ultrasonographic femoral rectus thickness and cross-sectional area and 1-year SF-36 quality of life score;</li> <li>- The association between ultrasonographic femoral rectus thickness and cross-sectional area and Katz ADL scale independence score at 1 year;</li> <li>- The association between grip strength measured by the hand-grip and the Katz ADL scale independence score at 1 year.</li> </ul>
<b>Intervention</b>	The patient cohort will benefit from the following assessments: <ul style="list-style-type: none"> <li>- Evaluation of peripheral muscle function by maximum voluntary quadriceps force, measurement of grip strength, thickness, cross-sectional area, pennation angle and echogenicity of the rectus femoris on ultrasound.</li> <li>- Assessment of quality of life by the SF-36 scale and assessment of autonomy by the Katz ADL scale.</li> </ul>
<b>Number of subjects needed</b>	90
<b>Expected number of centers</b>	1
<b>Duration of the research</b>	22 months
<b>Statistical analysis of the data</b>	Descriptive statistics will be based on means (+/- standard deviation) or medians [minimum-maximum] depending on the distribution of quantitative variables. Categorical variables will be described in terms of numbers and percentages. Univariate comparisons will use the usual statistical tests after verification of the distribution of the variables (Chi2 or Fisher's test, t-test, anova or their non-parametric equivalents Wilcoxon and Kruskal-Wallis tests). Tests will be performed at the 5% significance level. The 95% confidence intervals will be provided for each estimate. Calculations will be done using SPSS v21 IBM and R software (version 3.6.1, <a href="http://www.R-project.org">www.R-project.org</a> ).
<b>Expected benefits</b>	This study will evaluate the predictive capacity of muscle function on the alteration of quality of life in patients with obesity. It will also characterize peripheral muscle function and its association with quality of life and independence at 1 year. The results of this study will allow to confirm the predictive capacity of muscle status regarding loss of autonomy and deterioration of quality of life in obese patients, which is not yet clear in the scientific literature. If applicable, these results will make it possible to propose non-invasive and inexpensive predictive tools.
<b>Source of funding</b>	Forcilles-Cognacq-Jay Foundation Hospital and call for tenders

<b>Independent Supervisory Committee planned</b>	No
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## LIST OF ABBREVIATIONS

<b>AVQ's</b>	Activities of daily living
<b>GMF</b>	Maximum voluntary force
<b>HDJ</b>	Day Hospital
<b>BMI</b>	Body mass index
<b>mCSA</b>	"Muscle Cross-Sectional Area
<b>WHO</b>	World Health Organization

## Table of contents

<b>1</b>	<b>Rationale for the research</b>	<b>10</b>
1.1	Obesity, a global public health issue	10
1.2	Functional consequences of obesity	10
1.2.1	Quality of life	10
1.2.2	Peripheral muscle damage	11
1.3	Ultrasound of the peripheral muscle	12
<b>2</b>	<b>Originality of the research</b>	<b>13</b>
<b>3</b>	<b>Research hypothesis</b>	<b>13</b>
<b>4</b>	<b>Objective</b>	<b>13</b>
4.1	Main objective	13
4.2	Secondary objectives	13
<b>5</b>	<b>Judging criteria</b>	<b>14</b>
5.1	Primary endpoint	14
5.2	Secondary endpoint	14
<b>6</b>	<b>Eligibility Criteria</b>	<b>14</b>
6.1	Inclusion criteria	14
6.2	Criteria for non-inclusion	15
6.3	Recruitment procedures	15
<b>7</b>	<b>Research design</b>	<b>15</b>
7.1	Type of study	15
7.2	Research Diagram	15
7.3	Anticipated research schedule	16
7.4	Location of the study	16
<b>8</b>	<b>Description of the usual care in HDJ Nutrition</b>	<b>16</b>
8.1	Description of the usual course of care	16
8.2	Standard evaluation procedures	17
8.2.1	Grip force (Hand Grip)	17
8.2.2	Voluntary maximal force of the quadriceps	17
<b>9</b>	<b>Evaluation procedures added by research</b>	<b>17</b>
9.1	Ultrasound of the quadriceps	17
9.1.1	Operator training	17
9.1.2	Realization of the measure	18
<b>10</b>	<b>Conduct of the research</b>	<b>19</b>
10.1	Pre-inclusion visit	19
10.1.1	Verification of inclusion and non-inclusion criteria	19
10.1.2	Patient information and consent	19
10.2	Inclusion visit	20
10.3	Visit of the physiotherapist	20
10.4	End of research visit	20
10.5	Summary table	22
<b>11</b>	<b>Statistical aspects</b>	<b>23</b>
11.1	Calculation of the number of subjects needed	23
11.2	General aspects	23
11.3	Specific analyses	23



11.3.1	Estimating predictive capabilities	23
11.3.2	Measurement of associations	24
<b>12</b>	<b>Expected results in terms of scientific and professional advances</b>	<b>25</b>
<b>13</b>	<b>Expected benefits and risks for patients</b>	<b>25</b>
13.1	Minimal risks and constraints added by the research	25
13.2	Expected benefits for the patient	25
<b>14</b>	<b>Feasibility</b>	<b>25</b>
<b>15</b>	<b>Ethical and regulatory aspects</b>	<b>26</b>
15.1	Role of the promoter	26
15.2	Submission to PPC	26
15.3	Data protection	27
15.4	Insurance	27
15.5	Substantial amendment to the protocol	28
15.6	Disclosure and Express Consent	28
15.7	Expected time of publication of results in an international journal	28
15.8	Data management	29
15.9	Human and financial resources	29
15.10	Data properties	29
<b>16</b>	<b>Bibliographic References</b>	<b>30</b>
<b>17</b>	<b>APPENDICES</b>	<b>33</b>
17.1	Appendix 1: SF-36 Quality of Life Score	33
17.2	Appendix 2: Handgrip Usage Protocol	37
17.3	Appendix 3: Maximum Voluntary Force (MVF) of the quadriceps	38
17.4	Appendix 4: Muscle ultrasound procedure	40
17.5	Appendix 5: Katz ADL (Activities in Daily Living) Scale	43
17.6	Appendix 6: Patient Information Note	44
17.7	Appendix 7: Hospital Anxiety and Depression Scale	49
<b>18</b>	<b>List of investigators</b>	<b>52</b>

## **Rationale for the research**

### **1.1 Obesity, a global public health issue**

Obesity is a disease characterized by an excessive and abnormal accumulation of body fat, associated with adverse health effects. Obesity has become a worldwide public health problem and is responsible, according to the World Health Organization (WHO), for at least 2.8 million deaths (1) and is recognized as the fifth leading cause of death in the world. The number of obesity cases has almost tripled since 1975.

In France, obesity affects 17% of adults and, among children, 16% of boys and 18% of girls (2). In parallel with the progression of obesity at the global level, the WHO declared in 2014 the risk of the accumulation of diseases, including the coexistence of undernutrition and obesity.

Obesity is a disease of multifactorial origin, linked to nutritional alterations, genetic, psychological, socio-economic factors and more sedentary behaviors (2) (3). The prevalence of obesity continues to increase in all age groups and in all socioeconomic groups. It is a major risk factor for a range of diseases, including type 2 diabetes, cardiovascular disease and certain types of cancer (4). People with obesity also have impaired health-related quality of life and higher mortality compared to healthy people (5). Excess adipose tissue has implications for physical disability, including changes in gait pattern and/or decreased functional capacity (6). These repercussions may be of peripheral muscular origin, with consequences for mobility and independence in activities of daily living (ADL's) (7).

### **1.2 Functional consequences of obesity**

#### **1.2.1 Quality of life**

The impact of obesity on quality of life has been assessed by several studies. According to the WHO, quality of life is how individuals perceive their position in life, in the context of the culture and value system in which they live and in relation to their goals, expectations, norms and concerns. It is a broad concept, incorporating in complex ways a person's physical health, psychological state, degree of independence, social relationships, personal beliefs, and relationship with important elements of the environment (8) (9).

The assessment of health status and physical function is fundamental in patients with obesity, as they play a major role among the various factors that will influence their quality of life (10). Several studies have shown an association between high BMI values and a significant deterioration in quality of life, especially in women, mainly related to an increase in pain. In

addition, people with obesity have been identified as being more likely to suffer from depression and/or mood disorders (10).

According to Kim et al. (2020) patients with obesity with or without a metabolic disorder have health alterations including mental problems and decreased quality of life (11). In younger obese subjects we also observe a decrease in quality of life compared to normal weight subjects, where muscle capacity may be a potential factor associated with impaired quality of life (12).

### **1.2.2 Peripheral muscle damage**

Obese individuals have greater muscle mass and higher muscle strength than non-obese individuals. However, this increase in muscle strength is not proportional to the increase in total body mass, so that body weight-adjusted strength is lower in obese individuals than in nonobese adults (13). The increase in muscle mass in obese individuals results from the increased load imposed by body weight, which acts as a chronic stimulus to muscle tissue (14). Contrary to the benefits of resistance exercise, excess body fat does not appear to be a sufficient load stimulus to alleviate the functional consequences of obesity (difficulty walking, cycling, standing from a chair) (15).

In addition, a decrease in the specific force of the muscle is observed in obese subjects, i.e. a decrease in the force related to the sectional area. There is therefore probably a structural alteration of the muscle in the obese patient, which has not yet been well described in the literature (16). The quantity of muscle fibers decreases and is replaced by infiltration of adipose and fibrous tissue. (16). This replacement of skeletal muscle fibers decreases muscle quality and increases density, thus altering its function. The reduction in muscle mass relative to fat mass, results in a relative loss of muscle strength available to support and move body weight (16). In elderly subjects with obesity the amount of fat mass is strongly and negatively correlated with leg extension strength ( $r = -0.825$ ) (17) with a negative impact on physical functioning and quality of life (18).

In addition, an alteration in muscle contractile proteins coexists or occurs in a second stage in obese subjects, which can lead to muscle atrophy. Indeed, the expression of inflammation factors (IL-6 and IL-1b) by adipocytes leads to a decrease in the expression of genes coding for muscle contraction proteins, including troponin, titin and myosin (19).

The association between lower limb function, including walking ability, and health-related quality of life has been studied in young subjects with obesity, finding that a decrease in walking ability correlates with impaired quality of life (12).

### 1.3 Ultrasound of the peripheral muscle

Muscle ultrasound measurements have become increasingly used as a non-invasive method to determine muscle characteristics (20). Muscle characteristics, particularly muscle size and quality, have been shown to be related to muscle strength and power as well as cardiovascular performance. Ultrasound can also measure muscle echogenicity. The echogenicity of a B-mode (2D) ultrasound image is expressed by a gray scale (21). On an ultrasound image, the muscle bundles appear as hypoechoic areas, whereas the aponeuroses are hyperechoic. In the case of atrophied muscles, represented by hyperechoic structures, there is a decrease in the ability of ultrasound to penetrate deep into the tissue (22). Thus, the replacement of skeletal muscle fibers by fatty infiltrates decreases muscle quality and increases its density, thus increasing the echogenicity of ultrasound images (16). Muscle thickness is used to estimate the degree of atrophy (23). Ultrasound thickness of the rectus femoris has been shown to be strongly correlated with muscle cross-sectional area (mCSA) (24). More recently, mCSA has been described as strongly correlated with muscle function. Accurate assessment of mCSA may be a tool for predicting strength, muscle power, overall health, and quality of life (20). It would appear that measurement of muscle echogenicity of the rectus femoris would be more valid for assessing muscle quality. According to Wilhelm et al. (2014) there is an inverse relationship between quadriceps echogenicity and functional capacity, suggesting that the accumulation of non-contractile elements within the muscle may be a mechanism related to non-neurological muscle loss (7).

In the obese subject, ultrasound allows for improved analysis of muscle tissue by assessing the amount of muscle tissue versus non-muscle tissue (21).

Loss of muscle strength combined with excessive body weight significantly impairs the ability to perform activities necessary for independence in daily living and proper body function (15). Choi et al. (2015) showed that people with obesity, especially older individuals, are at increased risk for falls and functional decline (25). Thus, there is a decrease in exercise tolerance in subjects with obesity, the origin of which is multifactorial. The relative loss of muscle strength leads to greater fatigue during exercise and significantly limits the ability to perform the activities necessary for independence in daily life (15). Peripheral muscle function requires the use of different assessment tools. Muscle capacity assessment tools, such as dynamometry or ultrasound, can be used to evaluate the different aspects of muscle function impacted by obesity (26).

## Originality of the research

Excess body fat in obese patients appears to be responsible for impaired muscle function. This causal link is probably related to dysfunctions in adipose tissue, leading to a decrease in the expression of proteins responsible for muscle contraction (27). The recent literature highlights an alteration in the quality of life, particularly in obese and elderly subjects, for which changes in muscle function would be partly responsible. In the general population of patients with obesity, especially adults and active people, this association has never been described and its mechanisms remain to be confirmed.

To our knowledge, no study has evaluated the predictive capacity of peripheral muscle function, such as grip and quadriceps strength, and more specifically muscle echogenicity assessed by ultrasound, on quality of life impairment at 1 year in subjects with obesity.

Changes in muscle function, and its association with impaired quality of life, can be assessed by simple, rapid and non-invasive tools. This will allow the identification of obese subjects with altered muscle function, stratification of its intensity, and the implementation of a prophylactic intervention or early management, such as the implementation of a muscle strengthening program and therapeutic education

## 2 Research hypothesis

We hypothesize that impaired peripheral muscle function is a prognostic factor for impaired quality of life at 1 year in subjects with obesity.

## 3 Objective

### 3.1 Main objective

The main objective of this study is to evaluate the predictive capacity of structural alteration of the quadriceps on the decrease in quality of life at 1 year in patients with obesity.

### 3.2 Secondary objectives

Secondary objectives are to assess the association between:

- Grip strength and quality of life at 1 year;
- Quadriceps muscle strength and quality of life at 1 year;
- Ultrasound measures of the quadriceps and quality of life at 1 year;
- Grip strength and independence at 1 year;

- Quadriceps muscle strength and independence at 1 year;
- Ultrasound measurements of the quadriceps and autonomy at 1 year.

## **4 Judging criteria**

### **4.1 Primary endpoint**

The primary endpoint was the predictive ability of femoral rectus muscle echogenicity on the SF-36 quality of life score at 1 year (**Appendix 1**).

### **4.2 Secondary endpoint**

Secondary endpoints will be:

- The association between grip strength measured by the hand-grip and the SF-36 quality of life score at 1 year.
- The association between lower extremity strength measured by maximal voluntary quadriceps force with dynamometry and the SF - 36 quality of life score at 1 year.
- The association between resting right femoral rectus thickness and ultrasound area and the SF-36 quality of life score at 1 year.
- The association between grip strength measured by the hand-grip and the Katz ADL scale independence score at 1 year;
- The association between lower limb strength measured by maximal voluntary quadriceps force with dynamometry and the Katz ADL independence score at 1 year;
- The association between resting right femoral rectus thickness and area and Katz ADL independence score at 1 year.

## **5 Eligibility Criteria**

### **5.1 Inclusion criteria**

Patients with the following criteria will be included:

- Hospitalized in day hospital (HDJ) Nutrition;
- Obese patient (BMI > 30);
- Patient at least 18 years of age at the time of inclusion;
- Affiliation with a social security system or beneficiary of such a system ;
- Oral, free, informed and express consent of the patient.

## 5.2 Non-inclusion criteria

Patients with the following criteria will not be included:

- Patient refusal to participate in the study;
- Known pregnancy;
- Patient whose state of consciousness is not compatible with obtaining consent;
- Person subject to a safeguard of justice measure ;
- Patient under guardianship or curatorship.

## 5.3 Recruitment procedures

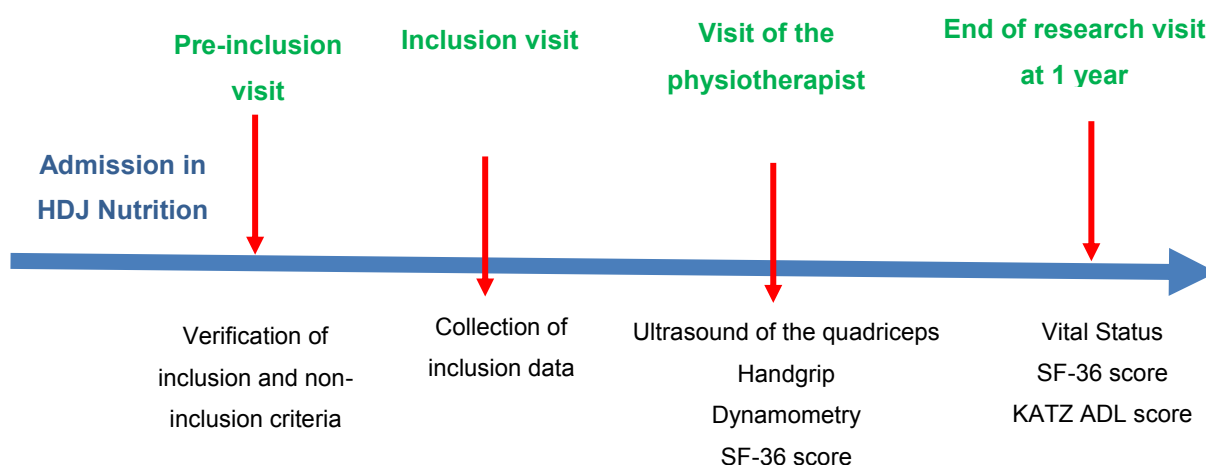
Patients will be recruited prospectively and consecutively in the HDJ Nutrition of the Forcilles Hospital. The physiotherapist or the investigating physician working in HDJ identifies the patients at their admission.

# 6 Research design

## 6.1 Type of study

This is a prospective, monocentric, interventional cohort study with minimal risks and constraints falling within the scope of article L.1121-1 of the Public Health Code. The research will be conducted in accordance with the protocol.

## 6.2 Research Diagram



### **6.3 Provisional research schedule**

The duration of recruitment will be 10 months with a follow-up of patients for 1 year, for a total estimated duration of the study of 22 months:

- Submission to PPC: January 2022
- Start of inclusions: March 2022
- Duration of the inclusion period: 10 months
- Duration of participation for each patient: 12 months
- End of inclusions: January 2023
- Total duration of the research: 22 months
- Communication in congresses: national and international congresses on the theme of obesity.
- Publication: international journal with review committee.

### **6.4 Location of the study**

The study will take place in the HDJ Nutrition of the Forcilles Hospital.

## **7 Description of the usual care in HDJ Nutrition**

### **7.1 Description of the usual course of care**

A total of 4 patients are admitted every Monday of the week and the last Thursday of the month. Patients are hospitalized for one day. The day begins with the reception of the patient by the nurse and continues with :

- A dietary consultation;
- A psychological consultation;
- Medical consultation;
- A consultation by the physiotherapist;
- A cardiological consultation.

After the various consultations, a summary meeting is held with the doctor, nurse, physiotherapist, psychologist and dietician. This meeting allows us to define the therapeutic strategy that will be proposed to the patient.

At the end of this meeting, the nurse receives the patient in consultation and informs him of the therapeutic objectives. Finally, the patient is received by the doctor in charge who gives him the hospitalization report. All the examinations and consultations are carried out within the



usual framework of the HDJ Nutrition and are systematically prescribed by the doctor in charge.

## **7.2 Standard evaluation procedures**

### **7.2.1 Hand Grip Force**

The maximum grip force of both hands will be measured with the portable hydraulic dynamometer JAMAR® (*Sammons Preston Rolyan Nottinghamshire, UK*) (**Appendix 2**). The dynamometer is adapted to each patient: adjustment of the hand allowing the flexion of the metacarpophalangeal joints. The grip force is obtained in kilograms (kg).

The evaluation protocol consists of three maximum voluntary isometric contractions to be held for 5 seconds, with a minimum rest period of 60 seconds. The highest value will be used to determine the maximum grip strength. The patient is placed in a seated position, with the back against the back of the chair and the feet flat on the floor. The arm position is standardized with the shoulder in adduction and neutral rotation, the elbow bent at 90°. The forearm is placed in a neutral position and rests on the support surface. The hand is aligned with the forearm.

Specific verbal instructions and encouragement are given to the patient.

### **7.2.2 Maximum voluntary quadriceps force**

The FMV of the quadriceps will be measured using the MicroFet 2 dynamometer® (**Appendix 3**). The patient is positioned in a seated position with the hip and knee flexed to 90 degrees. The dynamometer is positioned on the anterior surface of the ankle. The patient is asked to extend the knee to the maximum. Three maneuvers will be performed, with 30 seconds of rest between each. The maximum value of the 3 measurements, which vary by less than 10%, will be retained.

## **8 Evaluation procedures added by research**

### **8.1 Ultrasound of the quadriceps**

#### **8.1.1 Operator training**

Ultrasound measurements are performed by one of the investigating physical therapists. The physiotherapist is authorized to perform ultrasound subject to training (*Avis du Conseil National de l'Ordre des Masseurs-Kinésithérapeutes (2015)*). The training of the operator corresponds to the following:

- 3 days of theoretical and practical training;
- Over 100 ultrasounds supervised by an experienced practitioner;

Similarly, all the physiotherapists performing the ultrasound scans are already involved in other research projects using lung, diaphragm and peripheral muscle ultrasound:

<https://clinicaltrials.gov/ct2/show/NCT02474797>,

<https://clinicaltrials.gov/ct2/show/NCT02881814>,

<https://clinicaltrials.gov/ct2/show/NCT04373811>

and

<https://clinicaltrials.gov/ct2/show/NCT04800783>.

### 8.1.2 Realization of the measurement

A linear probe will be used to measure the thickness, echogenicity and cross-sectional area of the rectus femoris, according to the procedure described in **Appendix 4**. The patient is placed in the supine position (as strict as possible), with the lower limbs in extension and in a neutral rotation position. The probe is placed on the anterior aspect of the thigh, 2/3 of the distance between the anterior superior iliac spine and the upper edge of the patella, in line with the femur.

In the transverse plane, the distance between the upper and lower fascia of the muscle body will be measured, directly on a frozen image. The thickness of the rectus femoris will be measured on the right side at rest, without patient participation. The average of 3 measurements is used to improve the reliability of the measurement.

The cross-sectional area (CSA) will also be measured. Still in the transverse plane, the cross-sectional area of the rectus femoris is measured using the "caliper" function to trace the limits of the rectus femoris and measure its area. On the same frozen image, echogenicity will be measured using the Image J software® using the entire muscle surface.

The pennation angle of the femoral rectus will also be measured in a longitudinal plane.

## 8.2 Quality of Life Assessment

The SF-36 Quality of Life Questionnaire assesses health status independent of causative pathology, gender, age, and treatment. This scale can be administered as a self- or hetero-questionnaire, and requires only 5 to 10 minutes. Its 36 items assess 8 dimensions (**Appendix 1**):

- Limitations due to physical condition;
- Physical pain;
- Perceived health;
- Vitality;
- Life and relationship with others;

- Limitations due to physical condition;
- Mental health.

A sub-score for each component can be calculated, ranging from 0 to 100. The calculation is done according to an established algorithm.

### **8.3 Evaluation of autonomy**

The Katz ADL (Activities of Daily Living) scale is a questionnaire that assesses the patient's abilities in six areas of daily living (**Appendix 5**):

- Personal hygiene;
- Dressing ;
- Going to the bathroom;
- Locomotion;
- Continence;
- Meals.

For each domain, 3 scores (1, 0.5 or 0) evaluate the patient's ability to perform the task (Autonomous, Partially assisted, Dependent, respectively). A total score out of 6 is obtained. The score will be obtained by one of the investigators during a telephone interview with the patient.

## **9 Conduct of the research**

### **9.1 Pre-inclusion visit**

#### **9.1.1 Verification of inclusion and non-inclusion criteria**

At the time of admission of a patient in HDJ obesity, one of the investigators of the study verifies the presence of the inclusion criteria and the absence of the non-inclusion criteria in the computerized file of the patient.

#### **9.1.2 Patient information and consent**

When all the criteria allow the inclusion of the patient, the investigator informs the patient of the purpose of the study during the reception with the nurse. The investigator provides the patient with all the information described in the information note (**Appendix 6**) and, if necessary, obtains the patient's free, informed and express oral consent. This consent will be recorded in the patient's computerized medical record.

## 9.2 Inclusion visit

The inclusion visit takes place during the consultation with the physical therapist. The following data will be collected:

- Age, weight, height, BMI, gender (male/female);
- Fat distribution (visceral or subcutaneous);
- Reason for hospitalization: education, weight loss, assessment;
- History; chronic respiratory disease (COPD, Asthma, pulmonary fibrosis), diabetes, hypertension, stroke, coronary artery disease, heart surgery, heart failure, cancer under treatment, smoking (active, weaned, none), alcohol, liver cirrhosis, immunosuppression (corticosteroids, HIV, chemotherapy, other), renal failure ;
- Cardiovascular risk factors;
- Biological markers (albumin, pre-albumin, CRP, glycated hemoglobin);
- Autonomy Score (ADL Score, **Appendix 5**);
- Depression and anxiety questionnaire (HAD, **Appendix 7**).

## 9.3 Visit of the physiotherapist

The physical therapist visit takes place after the inclusion visit. The following measurements will be taken (see measurement procedures in **Appendix 4**):

- Peripheral muscle ultrasound measurements:
  - Femoral rectus thickness;
  - Cross-sectional area of the femoral rectus;
  - Echogenicity;
  - Pennation angle.
- Grip force;
- Quadriceps FMV;
- Quality of Life Questionnaire (SF-36).

## 9.4 End of research visit

This visit will be conducted at 1 year from study inclusion. The following data will be collected via a telephone interview (as part of the research) or during a scheduled visit (as part of routine follow-up):

- Vital status (collected from loved one in case of death);
- Quality of Life Score (SF-36);

- Autonomy score (Katz ADL scale).

A report will be made and inserted in the observation book.

## 9.5 Summary table

	Pre-inclusion	Inclusion	Visit of the physiotherapist	End of research visit
Patient information	✓			
Collection of basic data (age, sex, BMI, medical history)		✓		
Collection of the reason for admission		✓		
Collection of information relating to medical care		✓		
GMF and Handgrip			✓	
Ultrasound examination			✓	
SF - 36			✓	✓
Katz		✓		✓
Vital Status				✓

## **10 Statistical aspects**

### **10.1 Calculation of the number of subjects needed**

The predictive ability of femoral rectus echogenicity on quality of life impairment will be assessed by the area under the curve (AUC) Receiver Operating Characteristics (ROC). We aim to demonstrate an AUC of at least 80% with a maximum standard deviation of 5%. According to Hanley et al. it is necessary to include 80 patients (28). In our experience, we estimate a loss of sight rate at 1 year of 10%, i.e. a total number of subjects to be included of 90.

### **10.2 General aspects**

Descriptive statistics will be based on means (+/- standard deviation) or medians [interquartile range] depending on the distribution of quantitative variables. Qualitative variables will be described in terms of numbers and percentages. Univariate comparisons will use the usual statistical tests after verification of the distribution of the variables (Chi2 or Fisher's test, t-test, anova or their non-parametric equivalents Wilcoxon and Kruskal-Wallis tests).

Tests will be performed at the 5% significance level. The 95% confidence intervals will be provided for each estimate.

Calculations will be done using SPSS v21 IBM and R software (version 3.6.1, [www.R-project.org](http://www.R-project.org)).

### **10.3 Specific analyses**

#### **10.3.1 Estimation of predictive capabilities**

Impaired quality of life at 1 year will be defined as a decrease in quality of life at 1 year greater than or equal to the minimum clinically important difference (MCID). The literature reports variable MCIDs depending on the populations studied. To our knowledge, no study has evaluated the MCID of the SF-36 in a population of patients with obesity. We will therefore use the highest MCIDs, i.e. 2.5 for the psychological (MCS) and physical (PCS) summary scores, and 5 for the scores of each scale (29) (30) (31).

The occurrence of the event (alteration of quality of life at 1 year) will thus be defined for each of the summary scores (MCS and PCS) and for each of the scores of each SF-36 scale. This will allow the calculation of the AUC of the ROC curves as well as the identification of the threshold values of the echogenicity of the femoral rectus allowing to predict the occurrence of the quality of life alteration.

### **10.3.2 Measurement of associations**

Measures of association will be performed between quality of life and quality of life impairment at 1 year and :

- Grip strength;
- Quadriceps muscle strength;
- Ultrasound measurements of the quadriceps.

Association measures will be performed between independence and loss of independence at 1 year and :

- Grip strength;
- Quadriceps muscle strength;
- Ultrasound measurements of the quadriceps.

Loss of independence at 1 year will be defined by a decrease of at least 0.5 points (MCID) on the Katz ADL scale (32).

Measures of association between quantitative variables will be performed using Pearson's or Spearman's correlation coefficients depending on the distribution of the data. Measures of association between qualitative variables will be performed using the Chi-square or Fisher test depending on the distribution of the data.

The agreement between quantitative variables will be evaluated using the Bland-Altman method and that between qualitative variables using the Kappa coefficient.



## **11 Expected results in terms of scientific and professional advances**

This study will evaluate the predictive capacity of muscle function on the alteration of quality of life in patients with obesity hospitalized in HDJ Nutrition. It will also allow to characterize peripheral muscle function and its association with quality of life and autonomy at 1 year, which are not yet clear in the scientific literature. If necessary, these results will make it possible to propose non-invasive and inexpensive predictive tools.

## **12 Expected benefits and risks for patients**

### **12.1 Minimal risks and constraints added by the research**

The risks and constraints for the patient will only be the extra time spent by the patient during the ultrasound and during the telephone interviews. Ultrasound is a non-invasive, non-irradiating and totally painless tool.

### **12.2 Expected benefits for the patient**

The use of non-invasive tests of muscle function could allow early identification of obese subjects at risk of deterioration of quality of life, stratify the risk, and propose an adapted therapeutic strategy, such as the implementation of muscle strengthening and therapeutic education programs.

## **13 Feasibility**

The patients are included in the HDJ Nutrition of the Forcilles Hospital - Cognacq-Jay Foundation. All the care, treatments, examinations and samples being carried out within the framework of their therapeutic and diagnostic care, the conditions relating to the human, material and technical means are ensured. However, if an incident were to occur, the patients would benefit from all the human and technical means of the hospital to guarantee their safety, in accordance with the rules of hygiene and safety in force and in respect of the integrity of the patient.

In addition, the medical and paramedical teams involved in this study have experience in clinical research, as they have already participated in other clinical trials.

Taking into account the inclusion and non-inclusion criteria, possible refusals of patients to participate in the research, potential exclusions and the recruitment experience, we estimate

a minimum recruitment capacity of 50% of patients admitted to HDJ Obesity, i.e. 90 patients in 10 months.

## **14 Ethical and regulatory aspects**

The Forcilles-Fondation Cognacq-Jay hospital promoter and the person(s) directing and supervising the research undertake that this research will be carried out in compliance with law n°2004-806 of August 9, 2004 relating to public health policy and the regulatory provisions in force (articles L.1121-1, L.1121-2 and L.1121-3 of the Public Health Code. The data recorded on the occasion of this research will be subject to computerized processing in compliance with Law No. 78-17 of January 6, 1978 on information technology, files and freedoms, as amended by Law No. 2018-493 of June 20, 2018 (Decree No. 2018-687 of August 1, 2018) and Order No. 2018-1125 of December 12, 2018.

The research will be conducted in accordance with this protocol.

### **14.1 Role of the promoter**

The research commission of the Forcilles-Fondation Cognacq-Jay hospital, promoter of this research, submits the file to the opinion of the relevant Comité de Protection des Personnes (CPP) (CPP Ile-de-France X ) whose opinion will be notified in the information note intended for the persons concerned.

The natural or legal person who initiates this research, ensures its management and verifies that its financing is provided for, is called the sponsor.

### **14.2 Submission to PPC**

This research will be submitted to a Committee for the Protection of Persons, which will be drawn by lot in the framework of the "Jardé Law" (Article L.1121-4 of the Public Health Code, Decree No. 2016-1537 of November 16, 2016, which went into effect on November 18, 2016). The opinion of the above-mentioned committee is notified in the information note intended for the persons concerned. A copy of this opinion and a summary of the research will be sent to the ANSM.

### **14.3 Data protection**

This research is subject to the law n°78-17 of January 6, 1978 relating to data processing, files and freedoms modified by the law n° 2018-493 of June 20, 2018 (decree n° 2018-687 of August 1, 2018). Information on the rights of persons participating in this research (right of access and rectification, right to object to the transmission of data covered by professional secrecy likely to be used in the context of this research) is included in the information note intended for the patient.

A reference methodology specific to the processing of personal data operated within the framework of biomedical research defined by Law 2004-806 of August 9, 2004 as falling within the scope of Articles L.1121-1 et seq. of the Public Health Code was updated by the CNIL in May 2018 (Deliberation No. 2018-153 of May 3, 2018) following the publication of European Regulation No. 2016/679 (General Data Protection Regulation). This methodology allows a simplified declaration procedure when the nature of the data collected in the research is compatible with the list provided by the CNIL in its reference document. This study is part of the MR001 reference methodology to which the Forcilles-Fondation Cognacq-Jay hospital has committed to comply.

### **14.4 Insurance**

The Sponsor takes out insurance covering its own civil liability and that of all participants involved in the research, regardless of the nature of the relationship between the participants and the Sponsor (article L.1121-10 of the Public Health Code). The sponsor also ensures the compensation of the harmful consequences of the research for the person who takes part in it and for his or her beneficiaries, unless it can prove that the damage is not attributable to its fault or to that of any other party involved, without being able to invoke the act of a third party or the voluntary withdrawal of the person who had initially agreed to take part in the research. When the sponsor is not liable, the victims may be compensated under the conditions set out in article L.1142-3.

The Forcilles-Fondation Cognacq-Jay hospital has taken out insurance under contract n°163607 guaranteeing its civil liability as well as that of any intervening party with the company SHAM for the entire duration of the research, in accordance with article L.1121-10 of the Public Health Code.

## **14.5 Substantial change to the protocol**

The investigator or coordinator informs the Forcilles-Fondation Cogacq-Jay Hospital Research Committee of any proposed modification of the protocol. Any substantial modification will be submitted by the sponsor of this research to the CPP for its opinion.

## **14.6 Disclosure and Express Consent**

In accordance with Article L.1122-1 of the Public Health Code, the information given to the persons who are to be involved in the research is the subject of a written document submitted in advance to the personal protection committee. The ethical opinion of the CPP Ile-de-France X has been requested.

The investigator at the center offers the patient to participate in the study. The investigator orally informs the patient of the terms of the study and gives him/her the information note. If the patient gives free, informed and express oral consent to participate in the protocol, the information given orally and in writing, as well as the collection of oral consent, will be recorded in the patient's medical record.

Patients are free to participate or withdraw from the study at any time in accordance with Article 21 of the GDPR. Data collected until the patient withdraws consent will be used unless specifically requested by the patient. The withdrawal of consent by the patient and the agreement to use or not the previously collected data will be traced in the patient's medical record.

When the research is completed, the individual may be informed of the overall results of the research in the manner specified in the disclosure document.

## **14.7 Anticipated deadline for publication of results in an international journal**

The deadline for the publication of the results is 28 months.

## **14.8 Data management**

For each subject, an identification code (corresponding to the center number-inclusion number-Initial Surname-Initial First Name) will be assigned. The data collected will be confidential and coded (only the identification code will appear). The concordance table linking the assigned identification code and the participant's name will be kept by the principal investigator at each participating center in a file with limited computer access rights. The data will be entered in an Excel® file. Data processing and statistical analysis will be carried out at the Forcilles-Fondation Cognacq-Jay hospital.

The promoter is the owner of the data and no use or transmission to a third party can be made without its prior agreement.

The specific documents of a type 2 interventional research ("Loi Jardé", decree n° 2016-1537 of November 16, 2016, which went into effect on November 18, 2016) with minimal risks and constraints will be archived by all parties for 15 years after the end of the research.

This indexed archive includes:

- successive versions of the protocol (identified by version number and date);
- correspondence;
- Inclusion list or register;
- the data collection document ;
- research-specific appendices;
- the final report of the research.

The database used for the statistical analysis must also be archived by the person responsible for the analysis (paper or computer).

## **14.9 Human and financial resources**

The Forcilles-Fondation Cognacq-Jay hospital is equipped with human, material and technical resources to carry out this research project.

## **14.10 Data properties**

The Forcilles-Fondation Cognacq-Jay Hospital is the owner of the data and no use or transmission to a third party may be made without its prior agreement.

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## 16 APPENDICES

### 16.1 Appendix 1: SF-36 Quality of Life Score

1.- *En général, diriez-vous que votre santé est :* (cocher ce que vous ressentez)

Excellente \_\_ Très bonne \_\_ Bonne \_\_ Satisfaisante \_\_ Mauvaise \_\_

2.- *Par comparaison avec il y a un an, que diriez-vous sur votre santé aujourd'hui ?*

Bien meilleure qu'il y a un an \_\_ Un peu meilleure qu'il y a un an \_\_  
A peu près comme il y a un an \_\_ Un peu moins bonne qu'il y a un an \_\_  
Pire qu'il y a un an \_\_

3.- *vous pourriez vous livrer aux activités suivantes le même jour. Est-ce que votre état de santé vous impose des limites dans ces activités ? Si oui, dans quelle mesure ? (entourez la flèche).*

a. *Activités intenses : courir, soulever des objets lourds, faire du sport.*

↓  
Oui, très limité                      oui, plutôt limité                      pas limité du tout

b. *Activités modérées : déplacer une table, passer l'aspirateur.*

↓  
Oui, très limité                      oui, plutôt limité                      pas limité du tout

c. *Soulever et transporter les achats d'alimentation.*

↓  
Oui, très limité                      oui, plutôt limité                      pas limité du tout

d. *Monter plusieurs étages à la suite.*

↓  
Oui, très limité                      oui, plutôt limité                      pas limité du tout

e. *Monter un seul étage.*

↓  
Oui, très limité                      oui, plutôt limité                      pas limité du tout

f. *Vous agenouiller, vous accroupir ou vous pencher très bas.*

↓  
Oui, très limité                      oui, plutôt limité                      pas limité du tout

g. *Marcher plus d'un kilomètre et demi.*

↓  
Oui, très limité                      oui, plutôt limité                      pas limité du tout

h. *Marcher plus de 500 mètres*

↓  
Oui, très limité                      oui, plutôt limité                      pas limité du tout

i. *Marcher seulement 100 mètres.*

↓  
Oui, très limité                      oui, plutôt limité                      pas limité du tout



c. étiez-vous si triste que rien ne pouvait vous égayer ?

↓ ↓ ↓ ↓ ↓  
 Tout le temps très souvent parfois peu souvent jamais

d. vous sentiez-vous au calme, en paix ?

↓ ↓ ↓ ↓ ↓  
 Tout le temps très souvent parfois peu souvent jamais

e. aviez-vous beaucoup d'énergie ?

↓ ↓ ↓ ↓ ↓  
 Tout le temps très souvent parfois peu souvent jamais

f. étiez-vous triste et maussade ?

↓ ↓ ↓ ↓ ↓  
 Tout le temps très souvent parfois peu souvent jamais

g. aviez-vous l'impression d'être épuisé(e) ?

↓ ↓ ↓ ↓ ↓  
 Tout le temps très souvent parfois peu souvent jamais

h. étiez-vous quelqu'un d'heureux ?

↓ ↓ ↓ ↓ ↓  
 Tout le temps très souvent parfois peu souvent jamais

i. vous êtes-vous senti fatigué(e) ?

↓ ↓ ↓ ↓ ↓  
 Tout le temps très souvent parfois peu souvent jamais

**10.- Au cours des 4 dernières semaines, votre état physique ou mental a-t-il gêné vos activités sociales comme des visites aux amis, à la famille, etc ?**

↓ ↓ ↓ ↓ ↓  
 Tout le temps très souvent parfois peu souvent jamais

**11.- Ces affirmations sont-elles vraies ou fausses dans votre cas ?**

a. il me semble que je tombe malade plus facilement que d'autres.

↓ ↓ ↓ ↓ ↓  
 Tout à fait vrai assez vrai ne sais pas plutôt faux faux

b. ma santé est aussi bonne que celle des gens que je connais.

↓ ↓ ↓ ↓ ↓  
 Tout à fait vrai assez vrai ne sais pas plutôt faux faux

c. je m'attends à ce que mon état de santé s'aggrave.

↓ ↓ ↓ ↓ ↓  
 Tout à fait vrai assez vrai ne sais pas plutôt faux faux

*d. mon état de santé est excellent.*

↓ ↓ ↓ ↓ ↓  
\_\_\_\_\_  
Tout à fait vrai    assez vrai    ne sais pas    plutôt faux    faux

## 16.2 Appendix 2: Handgrip Usage Protocol

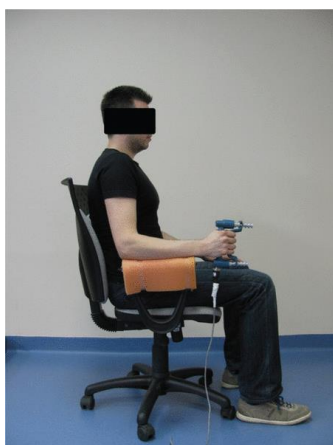
The patient will be in a seated position, on a chair with a backrest, feet on the ground.

The shoulder will be in adduction (elbow to body), without extension or flexion, and in neutral rotation. The elbow will be placed at 90° of flexion and in neutral prono-supination. The wrist should also be in neutral position. The practitioner will slightly hold the elbow and the base of the JAMAR dynamometer® in order to avoid positioning changes. The grip force measurement will include 3 measurements on each limb, alternating with a rest (1 minute: time to note the score of the measurement and to quietly settle the person in the position for the next measurement).

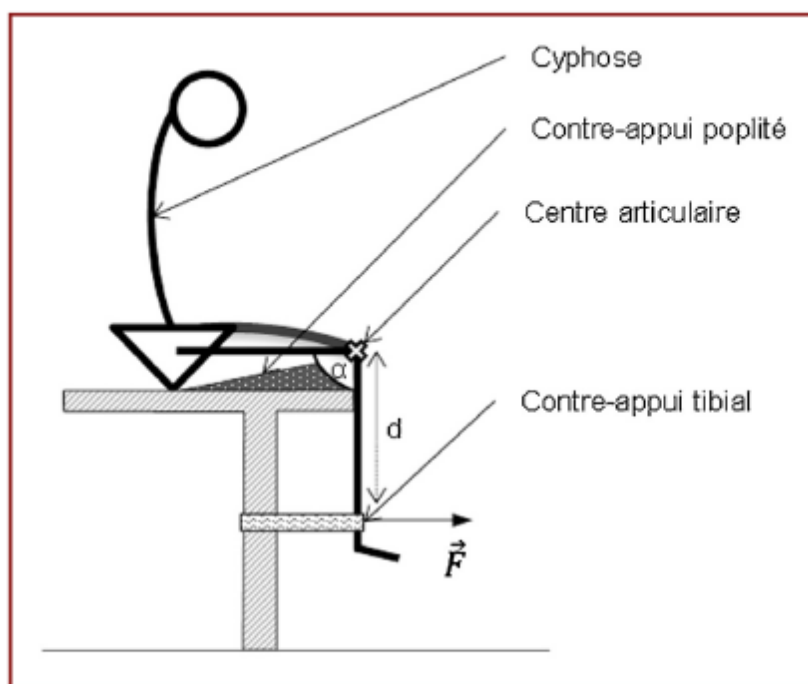
The dominant hand will be chosen by the participant by answering the following question: "Are you right or left handed?"

The instructions are: "Lean back against the backrest. Take the handle in your hand, keep your elbow close to your body and your forearm straight in front of you" and progressively tighten the handle over 2 to 3 seconds to reach a maximum tightening that must also be maintained for 2 to 3 seconds, without moving the other joints (wrist, elbow and shoulder).

Encouragement will be given to the person during the clamping seconds to motivate the patient as much as possible: "Go ahead and clamp, clamp... hard, HARD! TIGHT! ...and you release". It will be noted if a pain appears and limits the grip.



### 16.3 Appendix 3: Maximum Voluntary Force (MVF) of the quadriceps



**Figure 4.** Représentation schématique des conditions de réalisation de la mesure de la force maximale volontaire isométrique du quadriceps et calcul du moment de force produit. Lors de la réalisation contraction maximale volontaire du quadriceps, le patient génère une force  $F$  appliquée sur le contre-appui tibial (sangle ou dynamomètre). Le moment de force (Nm) produit par le patient vaut  $F \text{ (N)} \times d \text{ (m)} \times \sin \alpha$  soit  $F \text{ (N)} \times d \text{ (m)}$  avec  $\sin 90^\circ = 1$ .  $\alpha$  : angle de flexion du genou ( $90^\circ$ );  $d$  : distance du centre articulaire du genou au point d'application de la force.

*Bachasson et al. Ambulatory measurement of isometric maximum voluntary quadriceps force in COPD patients, Rev Mal Respir, 2014*

Predicted Quadriceps force (Nm)	
Q Right	$\text{FMV(Nm)} = 66.37 - (0.87 \times \text{age}) + (46.09 \times \text{Sex [0 if female, 1 if male]}) + (1.21 \times \text{weight (Kg)})$ .
Q Left	$\text{FMV(Nm)} = 78 - (0.87 \times \text{age}) + (49.70 \times \text{Sex [0 if female, 1 if male]}) + (0.96 \times \text{weight (Kg)})$ .

*Hogrel. JY et al. Development of a French isometric strength normative database for adults using quantitative muscle testing. Arch Phys Med Rehabil, 2007*



## 16.4 Appendix 4: Muscle ultrasound procedure

A linear probe will be used for the measurements. A set of predefined settings of the gain and depth parameters will be used for all measurements.

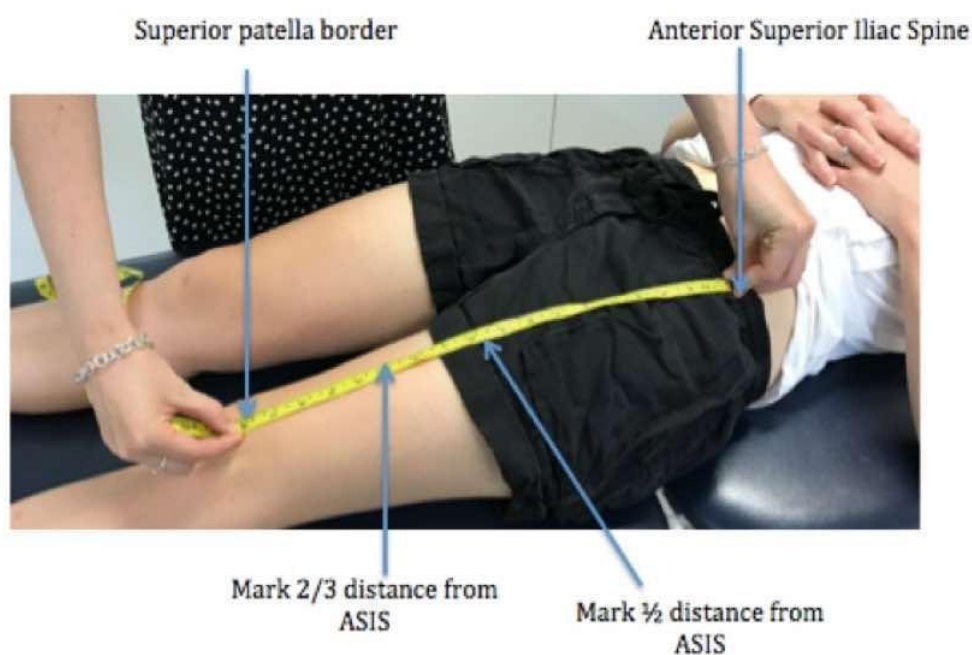
### Patient positioning

The patient is installed in dorsal decubitus (as strict as possible), with the lower limbs in extension and neutral position of rotation.

### Placement of the probe

The probe is placed in contact with the skin via an ultrasound gel. The pressure exerted with the probe is perpendicular to the plane of the bed, in line with the femur and must be as low as possible to obtain a representative image of the muscle. Excessive pressure will cause deformation of the subcutaneous tissues and therefore of the muscle. There are two ways of orienting the probe: in the transverse or sagittal plane.

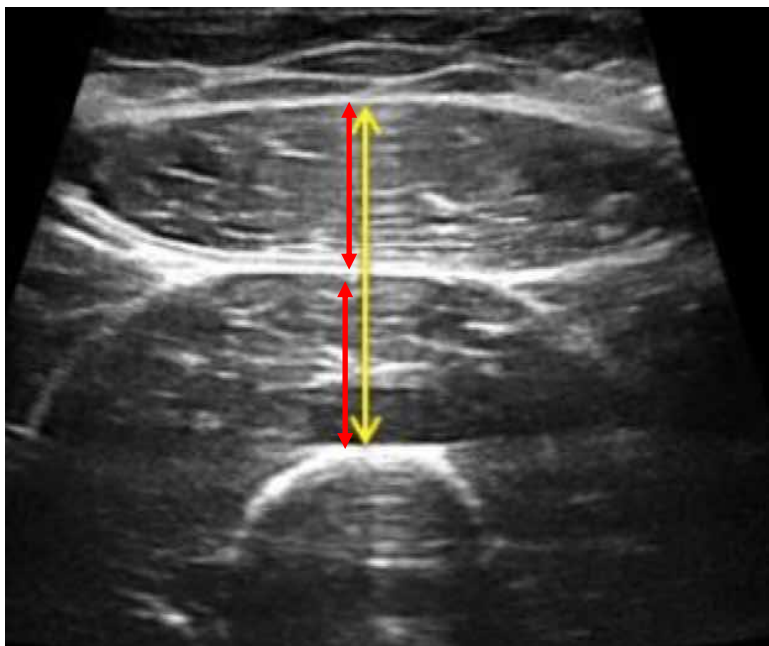
### Measurements on the quadriceps



**Figure 1**

The probe is placed on the anterior aspect of the thigh,  $\frac{2}{3}$  of the way from the anterior superior iliac spine to the upper edge of the patella, plumb with the femur (**Figure 1**) (39). The muscle chiefs studied were the rectus femoris and the vastus intermedius.

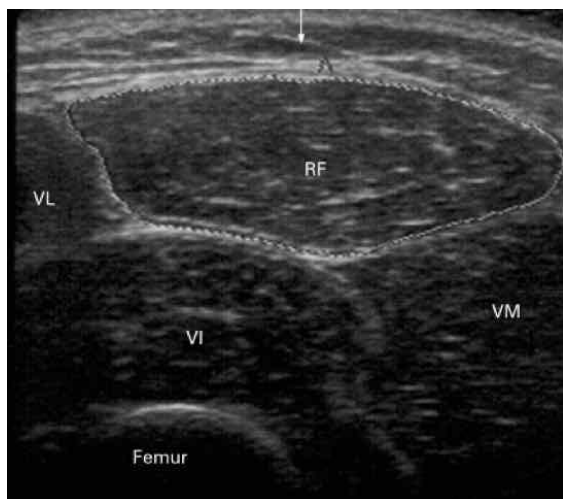




**Figure 2**

**Muscle thickness**

In the transverse plane, measurement of the distance between the upper and lower fascias of the muscle body (Figure 2). It is measured directly on a frozen image. The thickness of the rectus femoris (DF) and the vastus intermedius (VI) will be measured on the right. The average of 3 measurements will be taken.



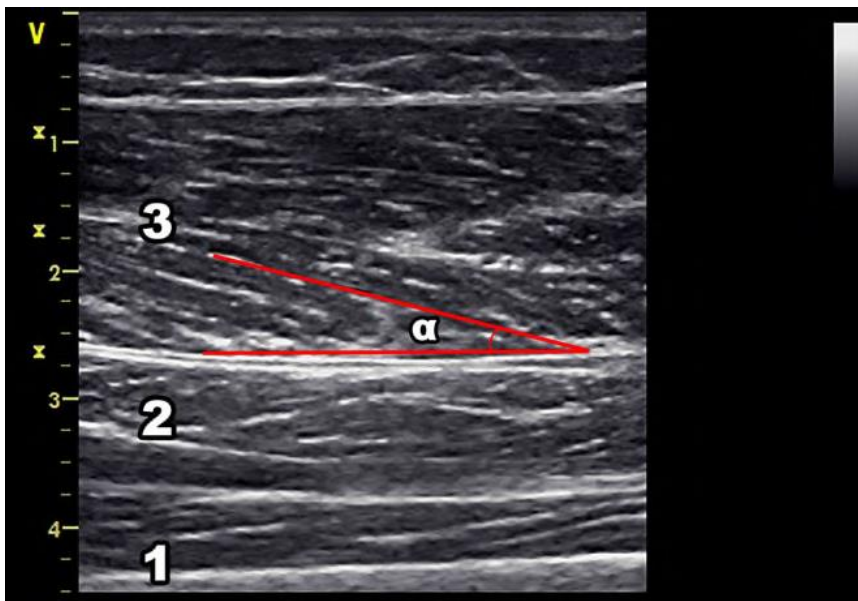
**Figure 3**

### Cross-Sectional Area (CSA):

Still in the transverse plane, measure the cross-sectional area of the rectus femoris using the caliper to delineate the boundaries of the rectus femoris (Figure 3).

### Pennation angle

Place the probe along the axis of the muscle. The angulation of the muscle fibers in relation to the underlying fascia becomes visible (fiber pennation (Figure 4). The angle between a muscle fiber and the underlying fascia will be measured only on the rectus femoris.



**Figure 4**

### Echogenicity

Save the image used to measure the thickness and cross-sectional area. In the Image J software, delimit a 1 cm<sup>2</sup> area and analyze the variations of the gray levels. The software provides a histogram with a global value of the gray level ranging from 0 to 255 - 0 corresponding to black and 255 to white (33).

## 16.5 Appendix 5: Katz ADL (Activities in Daily Living) Scale

Items	Valeu rs	Résult at
<b>Hygiène corporelle</b>		
Autonomie	1	
Aide partielle	0,5	
Dépendant	0	
<b>Habillage</b>		
Autonomie pour le choix des vêtements et l'habillage	1	
Autonomie pour le choix des vêtements et l'habillage, mais a besoin d'aide pour se chausser	0,5	
Dépendant	0	
<b>Aller aux toilettes</b>		
Autonomie pour aller aux toilettes, se déshabiller et se rhabiller ensuite	1	
Doit être accompagné ou a besoin d'aide pour se déshabiller ou se rhabiller	0,5	
Ne peut aller aux toilettes seul	0	
<b>Locomotion</b>		
Autonomie	1	
A besoin d'aide	0,5	
Grabataire	0	
<b>Continence</b>		
Continent	1	
Incontinence occasionnelle	0,5	
Incontinent	0	
<b>Repas</b>		
Mange seul	1	

## 16.6 Appendix 6: Patient Information Note

### OBLITAM

**""Study of the predictive ability of peripheral muscle function on quality of life impairment at 1 year in subjects with obesity""**

RCB ID : 2022-A00132-41

#### PRINCIPAL INVESTIGATOR

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#### RESEARCH PROMOTER

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Madam, Sir,

Dr. ...., investigator of the study, practicing in the Diabetes-Obesity Department of the Forcilles-Fondation Cognacq-Jay Hospital, invites you to participate in this research.

#### **Your decision to participate is entirely free and voluntary.**

Please read the information below carefully, ask any questions you may have, and take as much time as you wish to reflect on your decision to participate in this research.

You are hospitalized in a nutrition day hospital as part of the assessment of your pathology.

#### ***What is the purpose of this research?***

The objective of this research is to evaluate the predictive capacity of the quadriceps muscle function (thigh muscle) on the decrease of your quality of life at 1 year. It will also allow us to characterize peripheral muscle function (thigh and grip strength) and its association with your quality of life and autonomy at 1 year. The measurement of clamping force is a recognized indicator, strongly associated with leg muscle strength, which is why we propose to evaluate both measures. Thus, the results of this study will allow us to confirm the predictive capacity of the muscular status, either by the evaluation of the strength of the muscles of the thigh or

of the clamping force, on the alteration of the quality of life. If appropriate, these results will make it possible to propose non-invasive and inexpensive predictive tools to screen for muscle damage. This screening could make it possible to propose early management programs, such as exercise re-training or the introduction of an adapted physical activity.

### ***How does this research work?***

As part of your hospitalization in the department, we propose to study your muscle function, your quality of life and your autonomy. To this end, we will perform an ultrasound of your thigh muscle and ask you questions via a standardized quality of life evaluation questionnaire and an autonomy evaluation questionnaire during your consultation with the physiotherapist in the day hospital.

The ultrasound examination is painless, non-invasive and risk-free. It is performed by the physiotherapist, using the ultrasound machine, an ultrasound probe and gelled water. It lasts about 10 minutes.

The Quality of Life Questionnaire consists of 11 questions and takes about 10 minutes to complete. The Independence Assessment Questionnaire consists of 6 questions and takes about 5 minutes to complete.

These two questionnaires will be administered again in 12 months, during a follow-up consultation or a telephone interview.

### ***Your constraints in this research?***

The constraints of this research consist of 1 ultrasound and 2 questionnaires, lasting a maximum of 25 minutes in total, during your admission to the day hospital. These 2 questionnaires will be done again at 12 months during a telephone interview or during a usual follow-up consultation.

### ***Possible adverse effects***

As your participation in this protocol does not involve any treatment administration other than what is currently recommended or any other modification of the classical management in a nutrition day hospital, no adverse effects are expected.

- **No additional treatment will be administered**
- **No additional blood tests will be required.**

**The ultrasound** will be performed transcutaneously, i.e. by placing the probe on your skin. The examination is therefore non-invasive and completely painless.

Your participation in this research will not incur any additional costs compared to those you would have had in the usual follow-up of your disease.

***What are the expected benefits of this research?***

The use of non-invasive muscle function tests could allow early identification of people with obesity at risk of quality of life impairment, stratify the risk, and propose an adapted therapeutic strategy, such as the implementation of muscle strengthening and therapeutic education programs.

***What are the requirements to participate in this study?***

In order to participate in this research, you must be affiliated with or benefit from a social security plan. However, your participation in this research will not generate any additional costs for you compared to those incurred in the usual care.

**Number of patients expected and duration of research?**

This research will last 22 months with a 10-month recruitment period in order to include 90 patients.

**What data is collected for research?**

The medical data collected during this study will be processed in a computerized, coded and confidential manner. The main data collected will be anthropometric data (age, weight, height, etc.), related to medical history, nutritional status, biological check-ups, and the results of medical check-ups. No information bearing your name will be provided to anyone except the physician in charge of the study and authorized personnel. All data collected will be confidential and coded and analyzed in the clinical research office of the Forcilles-Fondation Cognacq-Jay Hospital, the sponsor of the research. The identification list (correspondence between your study code and your identity) will be kept strictly confidential.

In accordance with current regulations, the data will be kept until the final research report is produced and then archived for 15 years.

The person responsible for processing the data is the promoter, Hôpital Forcilles-Fondation Cognacq-Jay, route de Servon 77150 Férolles-Attilly.

**Legal basis for data processing**

The processing of data is based on the legitimate interests of the controller, Article 6 paragraph 1 point f, read in conjunction with the necessity of processing for scientific research purposes, Article 9 paragraph 2 point j, of the European Regulation No. 2016/679 (General Data Protection Regulation, GDPR).

### What are your rights?

Your participation in this research is **completely free and voluntary**. You have the right not to participate in this research.

You cannot be included in an interventional research protocol with minimal risks and constraints without having been informed beforehand. Your doctor must provide you with all the necessary explanations concerning this research, which must comply with the provisions of Article 13 of European Regulation No. 2016/679 (General Data Protection Regulation, GDPR). In accordance with article L.1122-1 of the Public Health Code, the entire research file has been submitted to the Comité de Protection des Personnes, CPP **Ile-de-France X XXX**, which issued a favorable opinion on **xx/xx/xxxx**.

The Forcilles-Fondation Cognacq-Jay hospital has taken out insurance under contract no. 163607 guaranteeing its civil liability and that of all those involved with the company SHAM. You can stop your participation in the research at any time without justification. This will not affect the quality of the care and treatment provided to you or your relationship with your doctor. The data collected until you withdraw your consent will be used unless you expressly request it. Indeed, in accordance with Article 17 of the RGPD, you have the right to request the deletion of your data already collected. The withdrawal of your consent and the agreement to use or not your previously collected data will be traced in your medical file.

In accordance with the provisions of Articles 15 and 16 of Regulation (EU) 2016/679 of 27 April 2016 (General Data Protection Regulation), you have a right of access, rectification, deletion of these or a limitation of processing. You can find out more about your rights by visiting the CNIL website page <https://www.cnil.fr/fr/reglement-europeen-protection-donnees/chapitre3>. In accordance with the provisions of Article 21 of the RGPD, you also have the right to object to the transmission of data likely to be used in this research and to be processed. Your request must be addressed to the Data Protection Officer of the Cognacq-Jay Foundation, either by e-mail to [dpo@cognacq-jay.fr](mailto:dpo@cognacq-jay.fr) or by post to the following address: Hôpital Forcilles-Fondation Cognacq-Jay, Délégué à la Protection des Données, route de Servon 77150 Férolles-Attilly. You also have the right to lodge a complaint with the Commission Nationale de l'Informatique et des Libertés - CNIL (French personal data control authority, website: [www.cnil.fr](http://www.cnil.fr)).

In application of the provisions of article L. 1111-7 of the Public Health Code, you may also access all of your medical data directly or through a doctor of your choice.

Your medical file will remain confidential and can only be consulted under the responsibility of the doctor in charge of your treatment, as well as by the health authorities and by persons duly mandated by the Forcilles-Fondation Cognacq-Jay hospital for research and subject to professional secrecy.

If, after having read all this information and discussed all aspects with the doctor in charge of the research, you have had sufficient time to think about your decision and you decide to participate in this research, the research information and your oral consent will be notified and dated in your medical record.

**The agreement to participate in this research is free and voluntary.**

**You may refuse or withdraw your consent at any time without explanation or prejudice.**

***Any questions?***

Dr. \_\_\_\_\_ (tel. \_\_\_\_\_) is at your disposal for any additional information you may require before and during the research.

Dr. \_\_\_\_\_, the study investigator, certifies that he has obtained the patient's consent and recorded it in the patient's medical record.

Date of consent collection: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Investigator's signature:



## 16.7 Appendix 7: Hospital Anxiety and Depression Scale

### Sigmond and Snaith Hospital Anxiety and Depression Scale (HAD)

#### 1) Anxiety

I feel tense or irritated.

- 0 Never.
- 1 From time to time.
- 2 Often.
- 3 Most of the time.

I have a feeling of fear as if something horrible is going to happen to me.

- 0 Not at all.
- 1 A little bit, but that doesn't worry me.
- 2 Yes, but it's not too bad.
- 3 Yes, very clearly.

I'm worried.

- 0 Very occasionally.
- 1 Occasionally.
- 2 Quite often.
- 3 Very often.

I can sit quietly doing nothing and feel relaxed.

- 0 Yes, no matter what.
- 1 Yes, in general.
- 2 Rarely.
- 3 Never.

I have feelings of fear and a knot in my stomach.

- 0 Never.
- 1 Sometimes.
- 2 Quite often.
- 3 Very often.

I'm restless and can't stand still.

- 0 Not at all.
- 1 Not so much.
- 2 A little.
- 3 Yes, that's absolutely the case.

I have sudden feelings of panic.

- 0 Never.
- 1 Not very often.
- 2 Quite often.
- 3 Very often.

## 2) Depression

I enjoy the same things I used to.

- 0 Yes, just as much.
- 1 Not so much.
- 2 Just a little.
- 3 Almost no more.

I laugh easily and see the good side of things.

- 0 As much as in the past.
- 1 Not as much as before.
- 2 Really less than before.
- 3 Not at all.

I am in a good mood.

- 0 Most of the time.
- 1 Quite often.
- 2 Rarely.
- 3 Never.

I feel like I'm running in slow motion.

- 0 Never.
- 1 Sometimes.
- 2 Very often.
- 3 Almost always.

I'm no longer interested in my appearance.

- 0 I pay as much attention to it as I did in the past.
- 1 I may not pay as much attention to it anymore.
- 2 I don't pay as much attention to it as I should.
- 3 Not at all.

I look forward to doing some things.

- 0 As much as before.
- 1 A little less than before.
- 2 Much less than before.

3 Almost never.

I can enjoy a good book or a good radio or television program.

- 0 Often.
- 1 Sometimes.
- 2 Rarely.
- 3 Very rarely.

### **Results:**

This scale explores anxiety and depressive symptoms.

Add up the anxiety and depression sides: 21 points maximum for each.

Between 8 and 10: questionable anxiety or depression.

Above 10: definite state of anxiety or depression.

### **References:**

*Depression and anxiety-depressive syndromes, J.D. Guelfi et al, Ardix Médical.*

## 17 List of investigators

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