

# Diabetes Health, Residence and Metabolism in Asians: The DHRMA Study

<b>Submission date</b> 21/05/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 21/05/2010	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Protocol
<b>Last Edited</b> 26/10/2018	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Mrs Ruth Lambley- Burke

**Contact details**  
Lyndon  
West Bromwich  
United Kingdom  
B71 4HJ  
-  
abc@123.com

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
6811

## Study information

**Scientific Title**

Diabetes Health, Residence and Metabolism in Asians: The DHRMA Study

**Acronym**

DRN 335 DHRMA

**Study objectives**

The DHRMA study will focus on testing two distinct hypotheses using two separate studies:

1. Glycaemic index study:

1.1. The glycaemic index (GI) of DHRMA basmati rice (KETT less than 35%) is lower than UK traditional basmati rice or UK Super Basmati (KETT greater than 40%) and comparable to unrefined rice from rural Gujarat (jya and mysuri kernels); and

1.2. The GI of DHRMA stone-ground flour is lower than UK white and brown and wholemeal chapatti flour, but comparable to hand-milled flour from rural India

2. Interventional study:

We will test the hypothesis that intervention with a low GI, carbohydrate rich/low fat diet will result in favourable changes in metabolic, diabetes and CHD risk indices compared to a high GI, carbohydrate rich/low fat diet.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

MREC approved (ref: 08/H1204/130)

**Study design**

Single centre randomised interventional prevention trial

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

GP practice

**Study type(s)**

Prevention

**Participant information sheet****Health condition(s) or problem(s) studied**

Topic: Diabetes Research Network; Subtopic: Other; Disease: Diabetic Control, Metabolic

**Interventions**

The use of stone ground flour or rice with a low glycaemic index as compared to the use of flour or rice with a higher glycaemic index.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome measure**

To determine whether the rice and chappati flour test foods (DHRMA) exhibit a more favourable outcome

**Secondary outcome measures**

1. To develop foods for DHRMA that mimic those available in rural Gujarat
2. Diabetes and macrovascular risk
3. Glycaemic index (GI)

**Overall study start date**

31/03/2009

**Completion date**

30/09/2010

## Eligibility

**Key inclusion criteria**

Not provided at time of registration

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Not Specified

**Target number of participants**

Planned sample size: 100; UK sample size: 100

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

31/03/2009

**Date of final enrolment**

30/09/2010

## Locations

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

Lyndon

West Bromwich

United Kingdom

B71 4HJ

## Sponsor information

**Organisation**

Sandwell and West Birmingham Hospitals NHS Trust (UK)

**Sponsor details**

Lyndon

West Bromwich

England

United Kingdom

B71 4HJ

**Sponsor type**

Hospital/treatment centre

**Website**

<http://www.swbh.nhs.uk/>

**ROR**

<https://ror.org/05mzf3276>

## Funder(s)

**Funder type**

Charity

**Funder Name**

British Heart Foundation (BHF) (UK)

**Alternative Name(s)**

the\_bhf, The British Heart Foundation, BHF

**Funding Body Type**

Private sector organisation

## Funding Body Subtype

Trusts, charities, foundations (both public and private)

## Location

United Kingdom

# Results and Publications

## Publication and dissemination plan

Not provided at time of registration

## Intention to publish date

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Protocol article</a>	protocol	02/12/2011		Yes	No
<a href="#">Abstract results</a>	results presented at European Atherosclerosis Society (EAS) Congress	01/07/2015		No	No