

# A randomised controlled trial of four commercial weight loss programmes in a community-based sample of obese adults

**Submission date**  
10/02/2005

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
16/02/2005

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
28/04/2011

**Condition category**  
Nutritional, Metabolic, Endocrine

☐ Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Dr Helen Truby

### Contact details

School of Biomedical and Molecular Sciences  
University of Surrey  
Guildford  
United Kingdom  
GU2 7XH

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**  
NCT00327821

**Secondary identifying numbers**

N/A

# Study information

## Scientific Title

## Acronym

Diet Trials

## Study objectives

This study is a community-based trial that will concurrently assess four commercial weight loss programmes. In addition to the primary outcome of percentage body fat loss, this study was designed to also examine changes in health risk, for example blood lipids, and psychological effects of these diets. Finally, the study will examine the practical aspects of adherence to the programmes by considering the subjective experiences of the subjects following the different programmes.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Not provided at time of registration

## Study design

Randomised controlled trial

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Treatment

## Participant information sheet

## Health condition(s) or problem(s) studied

Obesity

## Interventions

1. Weight watchers pure points
2. The Atkins diet
3. The Slimfast meal replacement plan
4. Rosemary Conley diet and fitness plan
5. Control: Non-dieting group

## Intervention Type

Other

**Phase**

Not Specified

**Primary outcome measure**

Primary outcome measure was differences in percentage body fat over 6 months

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

01/07/2002

**Completion date**

31/07/2003

**Eligibility**

**Key inclusion criteria**

Healthy adults with body mass index (BMI) >27 and <39

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Both

**Target number of participants**

300

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/07/2002

**Date of final enrolment**

31/07/2003

**Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**  
**School of Biomedical and Molecular Sciences**  
Guildford  
United Kingdom  
GU2 7XH

## **Sponsor information**

**Organisation**  
British Broadcasting Corporation (BBC)

**Sponsor details**  
White City  
201 Wood Lane  
London  
United Kingdom  
W12 7TS

**Sponsor type**  
Other

**ROR**  
<https://ror.org/01qepzr42>

## **Funder(s)**

**Funder type**  
Other

**Funder Name**  
British Broadcasting Corporation (BBC)

## **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="#">Other publications</a> | initial findings | 03/06/2006   |            | Yes            | No              |
| <a href="#">Results article</a>    | results          | 02/09/2008   |            | Yes            | No              |