

# 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**

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**Contact details**

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## Additional identifiers

**ClinicalTrials.gov (NCT)**

NCT00327821

**Protocol serial number**

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

**Study type(s)**

Treatment

**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(s)**

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

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

31/07/2003

## Eligibility

### Key inclusion criteria

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

### Participant type(s)

Patient

### Healthy volunteers allowed

No

### Age group

Adult

### Sex

All

### 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

United Kingdom

England

### Study participating centre

School of Biomedical and Molecular Sciences

Guildford

United Kingdom

GU2 7XH

## Sponsor information

### Organisation

British Broadcasting Corporation (BBC)

ROR

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

## Funder(s)

**Funder type**

Other

**Funder Name**

British Broadcasting Corporation (BBC)

## Results and Publications

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