

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

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?
Other publications	initial findings	03/06/2006		Yes	No
Results article	results	02/09/2008		Yes	No