

A pilot study to investigate the effects of increasing meal frequency and snacking on blood glucose measurements in patients with type 2 diabetes on insulin treatment

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| Submission date 30/09/2004 | Recruitment status No longer recruiting | <input type="checkbox"/> Prospectively registered |
| Registration date 30/09/2004 | Overall study status Completed | <input type="checkbox"/> Protocol |
| Last Edited 25/05/2018 | Condition category Nutritional, Metabolic, Endocrine | <input type="checkbox"/> Statistical analysis plan |
| | | <input type="checkbox"/> Results |
| | | <input type="checkbox"/> Individual participant data |
| | | <input type="checkbox"/> Record updated in last year |

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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Additional identifiers

Protocol serial number

N0016132016

Study information

Scientific Title

A pilot study to investigate the effects of increasing meal frequency and snacking on blood glucose measurements in patients with type 2 diabetes on insulin treatment

Study objectives

What this study hopes to answer is whether giving appropriate advice on snacking and spreading out the Kcal intake throughout the day reduces the incidence of hypoglycaemia and improves control in patients with type II diabetes on insulin without increasing Kcal intake

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)

Not Specified

Health condition(s) or problem(s) studied

Diabetes

Interventions

Inclusion of snacks and reduction of main meal portions will reduce overall measurements of blood glucose and reduce incidence of hypoglycaemic episodes whilst maintaining similar energy intake per day.

The study design is a randomized controlled trial. Subjects will be randomly assigned to intervention or control groups.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

The results will be incorporated into the departments dietetic protocol and may be used alter the focus of dietary advice for this patient group to help in the prevention of hypoglycaemia and weight gain. It will also highlight areas for further research.

Key secondary outcome(s))

Not provided at time of registration

Completion date

01/05/2004

Eligibility

Key inclusion criteria

Patients with type II diabetes who attend the diabetes clinic chx

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

All

Key exclusion criteria

Does not meet inclusion criteria

Date of first enrolment

01/11/2003

Date of final enrolment

01/05/2004

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Nutrition & Dietetics Department

London

United Kingdom

W12 0HS

Sponsor information

Organisation

Department of Health

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

Hammersmith Hospital NHS Trust (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration