

# The effect of a low glycaemic diet on weight maintenance for six months following weight loss of more than 5% body weight in overweight and obese patients

**Submission date**

30/09/2005

**Recruitment status**

No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**

30/09/2005

**Overall study status**

Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**

19/01/2026

**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

**Protocol serial number**

N0016141081

# Study information

## Scientific Title

The effect of a low glycaemic diet on weight maintenance for six months following weight loss of more than 5% body weight in overweight and obese patients

## Study objectives

To determine if body weight is maintained more effectively for six months when overweight or obese patients with a BMI of 27-50kg/m<sup>2</sup> who have already lost 5% of initial body weight or more follow a low glycaemic index diet.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Not provided at time of registration

## Study design

Unpaired, parallel designed randomised controlled study.

## Primary study design

Interventional

## Study type(s)

Treatment

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

Nutritional, Metabolic, Endocrine: Obesity

## Interventions

Low glycaemic index diet vs no diet.

## Intervention Type

Other

## Primary outcome(s)

To look into the effect of a low GI diet on weight maintenance following weight loss.

## Key secondary outcome(s)

Not provided at time of registration

## Completion date

15/01/2008

# Eligibility

## Key inclusion criteria

1. Ages 18-65 years
2. Overweight and obese patients

3. With or without type 2 diabetes
4. With a BMI between 27-50 kg/m<sup>2</sup>
5. Who have lost 5% or more of their body weight after a weight reduction program

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Mixed

**Lower age limit**

18 years

**Upper age limit**

65 years

**Sex**

All

**Total final enrolment**

38

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

16/01/2004

**Date of final enrolment**

15/01/2008

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

Nutrition & Dietetics Department

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London

England

W12 0HS

# Sponsor information

## Organisation

Department of Health

## Funder(s)

### Funder type

Government

### Funder Name

Hammersmith Hospital NHS Trust (UK)

### Funder Name

Own Account NHS R&D Support Funding 2004/05

# 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>    |             | 15/07/2009   | 19/01/2026 | Yes            | No              |
| <a href="#">Other publications</a> | Pilot study | 01/02/2009   |            | Yes            | No              |