

# 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

<b>Submission date</b> 30/09/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 30/09/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 02/10/2017	<b>Condition category</b> 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

### Contact name

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### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

**ClinicalTrials.gov number**

**Secondary identifying numbers**

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

### **Secondary study design**

Randomised controlled trial

### **Study setting(s)**

Hospital

### **Study type(s)**

Treatment

### **Participant information sheet**

Not available in web format, please use the contact details below to request a patient information sheet

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

Nutritional, Metabolic, Endocrine: Obesity

### **Interventions**

Low glycaemic index diet vs no diet.

### **Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome measure**

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

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

16/01/2004

**Completion date**

15/01/2008

**Eligibility****Key inclusion criteria**

1. Ages 18-65
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

**Age group**

Adult

**Lower age limit**

18 Years

**Upper age limit**

65 Years

**Sex**

Both

**Target number of participants**

Not provided at time of registration

**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

England

United Kingdom

## Study participating centre

### Nutrition & Dietetics Department

London

United Kingdom

W12 0HS

# Sponsor information

## Organisation

Department of Health

## Sponsor details

Richmond House

79 Whitehall

London

United Kingdom

SW1A 2NL

+44 (0)20 7307 2622

dhmail@doh.gsi.org.uk

## Sponsor type

Government

## Website

<http://www.dh.gov.uk/Home/fs/en>

# 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

### 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>	pilot study	01/02/2009		Yes	No