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Vitamin D deficiency among non western immigrants: treatment with vitamin D supplementation or sunlight?

Submission date	Recruitment status	[ ] Prospectively registered
19/12/2005	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
19/12/2005	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
24/08/2009	Nutritional, Metabolic, Endocrine	[ ] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Ms Ilse Wicherts

Contact details
VU University Medical Center
EMGO - LASA
Van der Boechorststraat 7
Amsterdam
Netherlands
1081 BT
+31 (0)20 4449336
i.wicherts@vumc.nl

Additional identifiers

Protocol serial number
NTR350; METC 2003-202

Study information

Scientific Title

Study objectives
Supplementation of vitamin D3 (daily 800 IU or 3 monthly 100,000 IU) has the same effect on muscle complaints and weakness among non western immigrants as daily UV light exposure (sunlight).

Ethics approval required
Old ethics approval format

Ethics approval(s)
Received from local medical ethics committee

Study design
Multicentre randomised open label active controlled parallel group trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Vitamin D deficiency, Muscle weakness

Interventions
Time period: 6 months
1. Sunlight exposure: April until Sept
2. 3 monthly supplementation of vitamin D3 - 100,000 IU, VU University Medical Center
3. Daily supplementation of vitamin D3 - 800 IU, Lommerse Pharma

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
1. Muscle strength and mobility (Takei TKK 5001, Hoggan MicroFEt, Chairtest). Measurement: baseline and after 3, 6 and 12 months
2. 25-OH Vitamin D, PTH: baseline and after 3, 6, 12 months
3. Phosphate, Alkaline phosphatase, Albumin, Creatinine, Glucose Hb, Ht: baseline and after 6 months

Key secondary outcome(s))
Sunlight exposure, diet, use of medicine intake, questionnaires: baseline and after 3, 6, 12 months.

Completion date
01/06/2006

Eligibility

Key inclusion criteria
1. 25-OH Vitamin D <25 nmol/l
2. Age during study: 18-65 years
3. Non-western immigrants

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Upper age limit
65 years

Sex
All

Key exclusion criteria
1. No complaints or symptoms
2. No diseases which are interfering with measurement (e.g. psychoses, arthritis of the knee or hip)

Date of first enrolment
15/03/2004

Date of final enrolment
01/06/2006

Locations

Countries of recruitment
Netherlands

Study participating centre
VU University Medical Center
Amsterdam
Netherlands
1081 BT

Sponsor information

Organisation
VU University Medical Centre (Netherlands)

ROR
https://ror.org/00q6h8f30

Funder(s)

Funder type
Research organisation

Funder Name
Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)

Alternative Name(s)
Netherlands Organisation for Health Research and Development

Funding Body Type
Private sector organisation

Funding Body Subtype
Other non-profit organizations

Location
Netherlands

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration