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# The differential effects of visceral fat reduction compared with subcutaneous fat reduction on parameters of the metabolic indices and adipocytokines

**Submission date**
18/09/2007

**Recruitment status**
No longer recruiting

**Registration date**
10/10/2007

**Overall study status**
Completed

**Last Edited**
10/10/2007

**Condition category**
Nutritional, Metabolic, Endocrine

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] 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**
1

## Study information

## Scientific Title

## Study objectives
The weight reduction with the change of fat distribution influence on the adipokines and metabolic indices.

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Ethics approval received from the Institutional Review Board of Yondong Severance Hospital, Yonsei University College of Medicine (South Korea) on the 6th September 2006 (ref: 3-2006-0044).

## Study design
A prospective intervention study

## Primary study design
Interventional

## Study type(s)
Quality of life

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

## Interventions
All patients received all three interventions for 16 weeks:
1. The subjects visited an obesity clinic twice per month and restricted their caloric intake to less than their usual intake by 600 kcal/day
2. All patients were encouraged to achieve the goal of five hours of aerobic exercise (physical activity of moderate intensity, such as brisk walking, light jogging or stationary ergometer usage) per week
3. They were also administered 10 - 15 mg of sibutramine (in the morning)

## Intervention Type
Drug

## Phase
Not Specified

## Drug/device/biological/vaccine name(s)
Sibutramine

## Primary outcome(s)
The changes of body fat distribution and adipocytokines, determined by computed tomography scan and measured both before and 16 weeks after the weight reduction program.

## Key secondary outcome(s))

The relationship of body fat distribution and adipocytokines, determined by computed tomography scan and measured both before and 16 weeks after the weight reduction program.

### Completion date
31/05/2007

## Eligibility

### Key inclusion criteria
1. Apparently healthy, either sex, aged 18 - 60 years
2. Non-smokers
3. Low alcohol consumers
4. Overweight or obese with an average Body Mass Index (BMI) of 23 kg/m^2 or greater

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Adult

### Lower age limit
18 years

### Upper age limit
60 years

### Sex
All

### Key exclusion criteria
1. A past history of cardiovascular disease
2. Diabetes
3. Moderate to severe hypertension (resting blood pressure greater than 170/100 mmHg)
4. Renal impairment (serum creatinine greater than 120 µmol/L) or overt proteinuria
5. Obesity caused by an endocrine disorder
6. Psychiatric disorders
7. Current pregnancy or breast-feeding
8. A body weight fluctuation of more than 5 kg in the previous six months
9. Taking any kind of medication

### Date of first enrolment
06/09/2006

### Date of final enrolment
31/05/2007

## Locations

**Countries of recruitment**
Korea, South

**Study participating centre**
**Department of Family Medicine**
Seoul
Korea, South
135-270

# Sponsor information

**Organisation**
Yonsei University College of Medicine (South Korea)

**ROR**
https://ror.org/01wjejq96

# Funder(s)

**Funder type**
University/education

**Funder Name**
Yonsei University College of Medicine (South Korea) - faculty research grant (2006)

# Results and Publications

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**
Not provided at time of registration