

# Effect of Chitosan on Health and Obesity

<b>Submission date</b> 16/12/2002	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 16/12/2002	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 08/11/2022	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**EudraCT/CTIS number**  
Nil known

**IRAS number**

**ClinicalTrials.gov number**  
Nil known

**Secondary identifying numbers**  
HRC 01/416

# Study information

## Scientific Title

Effect of Chitosan on Health and Obesity

## Acronym

ECHO

## Study objectives

Results from trials of chitosan as a weight loss treatment have provided conflicting results. A 1998 review of 5 studies suggested that chitosan was an effective treatment for overweight and obesity. However, many more chitosan trials have been carried out since then with variable results. In order resolve the uncertainty surrounding the effectiveness of this dietary supplement, we conducted a large randomised controlled clinical trial of the effect of chitosan on body weight, lipids, and other health outcomes.

## 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

## Secondary study design

Randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Quality of life

## Participant information sheet

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

Obesity

## Interventions

3 g Chitosan daily versus placebo.

## Intervention Type

Drug

## Phase

Not Specified

**Drug/device/biological/vaccine name(s)**

Chitosan

**Primary outcome measure**

The primary aim of the ECHO study was to determine if chitosan was an effective weight loss treatment for people who were overweight or obese.

Measures included changes in body weight (kilograms); body mass index, waist circumference; body fat percentage; systolic and diastolic blood pressure; serum cholesterol and lipids; plasma glucose; fat-soluble vitamins; faecal fat losses and health-related quality of life, from baseline to 24 weeks.

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

01/11/2001

**Completion date**

30/06/2003

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

1. Overweight/obese male or female volunteers
2. Aged greater than 18 years
3. Body Mass Index (BMI) between 28 - 50 kg/m<sup>2</sup>

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Not Specified

**Target number of participants**

250

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/11/2001

**Date of final enrolment**

30/06/2003

# Locations

## Countries of recruitment

New Zealand

## Study participating centre

Clinical Trials Research Unit

Auckland

New Zealand

-

# Sponsor information

## Organisation

Health Research Council of New Zealand (New Zealand)

## Sponsor details

PO Box 5541

Wellesley Street

Auckland

New Zealand

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## Sponsor type

Research council

## ROR

<https://ror.org/00zbf3d93>

# Funder(s)

## Funder type

Research council

## Funder Name

The Health Research Council of New Zealand (New Zealand)

## Funder Name

## Results and Publications

### Publication and dissemination plan

Not provided at time of registration

### Intention to publish date

### Individual participant data (IPD) sharing plan

Not provided at time of registration

### 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>	Systematic review	01/09/2004		Yes	No
<a href="#">Results article</a>		17/12/2004		Yes	No
<a href="#">Other publications</a>		01/02/2005		Yes	No