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# Effect of Chitosan on Health and Obesity

| Submission date | Recruitment status | [_] Prospectively registered |
|---|---|---|
| 16/12/2002 | No longer recruiting | [_] Protocol |
| **Registration date** | **Overall study status** | [_] Statistical analysis plan |
| 16/12/2002 | Completed | [X] Results |
| **Last Edited** | **Condition category** | [_] Individual participant data |
| 08/11/2022 | Nutritional, Metabolic, Endocrine | |

**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^2

### 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
1001
+64 (0)9 379 8227
bscoggins@hrc.govt.nz

**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? |
|---|---|---|---|---|---|
| Results article | | 01/09/2004 | | Yes | No |
| Results article | | 17/12/2004 | | Yes | No |
| Other publications | Systematic review | 01/02/2005 | | Yes | No |