ISRCTN13342721 https://doi.org/10.1186/ISRCTN13342721

A randomised controlled trial of four commercial weight loss programmes in a community-based sample of obese adults

Submission date
10/02/2005

Recruitment status
No longer recruiting

Registration date
16/02/2005

Overall study status
Completed

Last Edited
28/04/2011

Condition category
Nutritional, Metabolic, Endocrine

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] 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

ClinicalTrials.gov (NCT)
NCT00327821

Study information

Scientific Title

Acronym

Diet Trials

Study objectives
This study is a community-based trial that will concurrently assess four commercial weight loss programmes. In addition to the primary outcome of percentage body fat loss, this study was designed to also examine changes in health risk, for example blood lipids, and psychological effects of these diets. Finally, the study will examine the practical aspects of adherence to the programmes by considering the subjective experiences of the subjects following the different programmes.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Treatment

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

Interventions
1. Weight watchers pure points
2. The Atkins diet
3. The Slimfast meal replacement plan
4. Rosemary Conley diet and fitness plan
5. Control: Non-dieting group

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Primary outcome measure was differences in percentage body fat over 6 months

Key secondary outcome(s)
Not provided at time of registration

Completion date
31/07/2003

Eligibility

Key inclusion criteria
Healthy adults with body mass index (BMI) >27 and <39

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
Not provided at time of registration

Date of first enrolment
01/07/2002

Date of final enrolment
31/07/2003

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
School of Biomedical and Molecular Sciences
Guildford
United Kingdom
GU2 7XH

Sponsor information

Organisation
British Broadcasting Corporation (BBC)

ROR

https://ror.org/01qepzr42

Funder(s)

Funder type
Other

Funder Name
British Broadcasting Corporation (BBC)

Results and Publications

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?
Results article	results	02/09/2008		Yes	No
Other publications	initial findings	03/06/2006		Yes	No