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Effects of fasting on your body may differ according to your genes

Submission date	Recruitment status	[ ] Prospectively registered
10/06/2021	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
16/06/2021	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
16/06/2021	Nutritional, Metabolic, Endocrine	[ ] Record updated in last year

Plain English summary of protocol

Background and study aims
Haptoglobin is a protein produced by the liver that the body uses to clear free hemoglobin (found outside of red blood cells) from circulation.
Serum haptoglobin (Hp) is an acute-phase protein that is crucial for the neutralization of oxidative damage and the elimination of free hemoglobin. The current study aimed to examine the impact of observing four consecutive weeks, dawn to sunset intermittent fasting (IF) among people with overweight and obesity.

Who can participate?
Any metabolically healthy male or female adult subject (>18 years) with overweight/obesity (BMI>25 kg/m²), willing to fast for consecutive four weeks from dawn to sunset, and willing to participate and sign the informed consent.

What does the study involve?
The study involves observing the body weight changes, blood inflammatory, and biochemical metabolic measurement before and after the commencement of four-week consecutive dawn to sunset intermittent fasting.

What are the possible benefits and risks of participating?
The study will benefit the participant in controlling his body weight and body composition, inflammatory and metabolic markers related to chronic diseases over two months (before and after the commencement of IF). Many beneficial metabolic and inflammatory improvements are expected to gain by the participants according to the available literature on IF. No harm is expected after observing IF for one month, as IF is considered safe for metabolically healthy overweight and obese people with no predetermined diseases.
The participant may experience slight discomfort due to blood sampling.

Where is the study run from?
University Hospital of Sharjah, Sharjah University (UAE)

When is the study starting and how long is it expected to run for?
December 2015 to October 2016

Who is funding the study?
Sharjah University (UAE)

Who is the main contact?
Dr. Moez AlIslam Faris, mfaris@sharjah.ac.ae

Contact information

Type(s)
Scientific

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Study information

Scientific Title
Impact of four consecutive weeks, dawn to sunset intermittent fasting on CD163 and haptoglobin inflammatory markers among haptoglobin polymorphisms in overweight/obese subjects

Acronym
RAMFAST

Study objectives
Impact of four consecutive weeks, dawn to sunset intermittent fasting on CD163, and haptoglobin inflammatory markers in overweight/obese subjects will differ according to the haptoglobin polymorphisms

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 15/05/2016, Research Ethics Committee, University of Sharjah (Sharjah 27272, UAE; +971 65057304; rec@sharjah.ac.ae), ref: REC/15/12/16/002

Primary study design
Observational

Study design
Observational prospective cohort

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Prevention of inflammatory and metabolic complications in metabolically healthy overweight and obese subjects

Interventions
Volunteers willing to participate and practice intermittent fasting for four consecutive weeks from dawn to sunset were recruited. Body weight, height, and body measurements, blood samples and food intakes were taken one week before the commencement of intermittent fasting, and after completing the four consecutive weeks of intermittent fasting. Total duration of the fasting was consecutive 29-30 days. No follow-up after completing the four weeks intermittent fasting.

Intervention Type
Behavioural

Primary outcome(s)
Measured using blood test:
1. Haptoglobin gene polymorphism genotype (fixed outcome), serum CD136, and serum haptoglobin were determined at baseline
2. Serum CD136, and serum haptoglobin levels were measured after four-week consecutive intermittent fasting

Key secondary outcome(s)
Measured at baseline, and after four weeks intermittent fasting:
1. Body weight (kg), BMI (kg/m²)
2. Inflammatory (IL-6, TNF-alpha, IL-10) and metabolic markers (lipid profile, glucose homeostasis) measured using blood test

Completion date
01/10/2016

Eligibility

Key inclusion criteria
1. Metabolically healthy male or female adult subject (>18 years)
2. Overweight/obesity (BMI>25 kg/m²)
3. Willing to fast for consecutive four weeks from dawn to sunset, and willing to participate and sign the informed consent

Participant type(s)
Healthy volunteer

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
All

Total final enrolment
65

Key exclusion criteria
1. History of metabolic syndrome, diabetes, or cardiovascular disease
2. Taking regular medications or supplements
3. Following a weight-reducing diet
4. History of bariatric surgery within the last 6-9 months before commencing intermittent fasting
5. Pregnant or peri-menopausal woman

Date of first enrolment
01/05/2016

Date of final enrolment
15/06/2016

Locations

Countries of recruitment
United Arab Emirates

Study participating centre
University of Sharjah
Research Institute for Medical and Health Sciences
University City Of Sharjah
Sharjah
United Arab Emirates
27272

Sponsor information

Organisation
University of Sharjah

ROR
https://ror.org/00engpz63

Funder(s)

Funder type
Not defined

Funder Name
University of Sharjah

Alternative Name(s)
, jāmiat aš-šāriqah, The University of Sharjah, UOS

Funding Body Type
Private sector organisation

Funding Body Subtype
Universities (academic only)

Location
United Arab Emirates

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study are available from the corresponding author on reasonable request.
MoezAlIslam Faris, mfaris@sharjah.ac.ae
Type of data: Raw data, master Excel sheet
When the data will become available and for how long? Will be available once the request received, and for one-week
By what access criteria data will be shared including with whom? By Drop Box repository special link can only be opened by those who have the link
For what types of analyses? Only for secondary and meta-analysis, not for original work re-analysis.
Whether consent from participants was obtained: Yes, obtained
Comments on data anonymization: All data are anonymized, no names or any personal identification information is used.
Any ethical or legal restrictions, any other comments: Data were obtained following the Helsinki Declaration for research ethics_

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes