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Dark chocolate in pregnancy study

Submission date 12/12/2011	**Recruitment status** No longer recruiting	[X] Prospectively registered [_] Protocol [_] Statistical analysis plan [_] Results [_] Individual participant data [_] Record updated in last year
Registration date 18/01/2012	**Overall study status** Completed	
Last Edited 18/01/2012	**Condition category** Pregnancy and Childbirth	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Stephen Robson

Contact details
John James Medical Centre
175 Strickland Crescent
Deakin
Australia
2605
+61 2 6282 3033
stephen.robson@anu.edu.au

Additional identifiers

Protocol serial number
RCT0076-3

Study information

Scientific Title
A randomised controlled trial of dark chocolate in pregnancy for reduction in incidence of pre-eclampsia

Study objectives

That daily dark chocolate (>70% cocoa) from 10 to 32 weeks of gestation reduces the incidence of pre-eclampsia compared to no chocolate

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Primary study design
Interventional

Study design
A randomised controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Pre-eclampsia

Interventions
Women are recruited in very early pregnancy, and the study group takes 20 grams of 70% dark chocolate daily from 10 to 32 weeks.
Control group just keeps a food diary.
Follow-up continues until 7 days post-partum.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Diagnosis of pre-eclampsia by seven days post-delivery

Key secondary outcome(s)
1. Gestational diabetes
2. Birthweight percentile

Completion date
30/06/2013

Eligibility

Key inclusion criteria
Primigravid women who are enrolled prior to 10 completed weeks of gestation

Participant type(s)

Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
Female

Key exclusion criteria
1. Pre-existing hypertension
2. Pre-existing diabetes

Date of first enrolment
01/04/2012

Date of final enrolment
30/06/2013

Locations

Countries of recruitment
Australia

Study participating centre
John James Medical Centre
Deakin
Australia
2605

Sponsor information

Organisation
James Cook University (Australia)

ROR
https://ror.org/04gsp2c11

Funder(s)

Funder type

Other

Funder Name
Investigator initiated and funded

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?
Study website	Study website	11/11/2025	11/11/2025	No	Yes