

Dark chocolate in pregnancy study

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

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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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

Study design

A randomised controlled trial

Primary study design

Interventional

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