ISRCTN51658532 https://doi.org/10.1186/ISRCTN51658532

# The influence of moderate alcohol consumption on insulin sensitivity

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|---|---|---|
| **Submission date**<br>23/01/2004 | **Recruitment status**<br>No longer recruiting | [_] Prospectively registered<br>[_] Protocol<br>[_] Statistical analysis plan<br>[X] Results<br>[_] Individual participant data |
| **Registration date**<br>23/01/2004 | **Overall study status**<br>Completed | |
| **Last Edited**<br>11/12/2008 | **Condition category**<br>Circulatory System | |

**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**
RS/06/07.98/Fl

## Study information

**Scientific Title**

**Study objectives**

The consumption of modest amounts of alcohol, on a regular basis, appears to reduce the risk of developing cardiovascular disease. The aim of this study was to determine whether alcohol exhibits this protection through a reduction in insulin resistance.

### 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)
Not Specified

### Health condition(s) or problem(s) studied
Cardiovascular diseases: Heart disease

### Interventions
1. 3 units of alcohol in the form of vodka daily for 7 days
2. No alcohol

### Intervention Type
Other

### Phase
Not Specified

### Primary outcome(s)
Fasting glucose, insulin, insulin sensitivity or glucose effectiveness, first phase insulin secretion

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

### Completion date
31/01/2000

## Eligibility

### Key inclusion criteria
Not provided at time of registration

### Participant type(s)
Patient

**Healthy volunteers allowed**
No

**Age group**
Not Specified

**Sex**
Not Specified

**Key exclusion criteria**
Not provided at time of registration

**Date of first enrolment**
01/02/1999

**Date of final enrolment**
31/01/2000

# Locations

**Countries of recruitment**
United Kingdom

England

**Study participating centre**
**Royal Bournemouth & Christchurch NHS Trust**
Bournemouth
United Kingdom
BH7 7DW

# Sponsor information

**Organisation**
NHS R&D Regional Programme Register - Department of Health (UK)

# Funder(s)

**Funder type**
Government

**Funder Name**

NHS Executive South West (UK)

# 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 | 01/03/2002 | | Yes | No |