

The effect of a low glycaemic diet on weight maintenance for six months following weight loss of more than 5% body weight in overweight and obese patients

Submission date

30/09/2005

Recruitment status

No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date

30/09/2005

Overall study status

Completed

☐ Statistical analysis plan

☒ Results

Last Edited

19/01/2026

Condition category

Nutritional, Metabolic, Endocrine

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

Protocol serial number

N0016141081

Study information

Scientific Title

The effect of a low glycaemic diet on weight maintenance for six months following weight loss of more than 5% body weight in overweight and obese patients

Study objectives

To determine if body weight is maintained more effectively for six months when overweight or obese patients with a BMI of 27-50kg/m² who have already lost 5% of initial body weight or more follow a low glycaemic index diet.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Primary study design

Interventional

Study design

Unpaired, parallel designed randomised controlled study.

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Nutritional, Metabolic, Endocrine: Obesity

Interventions

Low glycaemic index diet vs no diet.

Intervention Type

Other

Primary outcome(s)

To look into the effect of a low GI diet on weight maintenance following weight loss.

Key secondary outcome(s)

Not provided at time of registration

Completion date

15/01/2008

Eligibility

Key inclusion criteria

1. Ages 18-65 years
2. Overweight and obese patients

3. With or without type 2 diabetes
4. With a BMI between 27-50 kg/m²
5. Who have lost 5% or more of their body weight after a weight reduction program

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Mixed

Lower age limit

18 Years

Upper age limit

65 Years

Sex

All

Total final enrolment

38

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

16/01/2004

Date of final enrolment

15/01/2008

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

Nutrition & Dietetics Department

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London

England

W12 0HS

Sponsor information

Organisation

Department of Health

Funder(s)

Funder type

Government

Funder Name

Hammersmith Hospital NHS Trust (UK)

Funder Name

Own Account NHS R&D Support Funding 2004/05

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		15/07/2009	19/01/2026	Yes	No
Other publications	Pilot study	01/02/2009		Yes	No