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Effect of Chitosan on Health and Obesity

Submission date	Recruitment status	[_] Prospectively registered
16/12/2002	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
16/12/2002	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
08/11/2022	Nutritional, Metabolic, Endocrine	

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
HRC 01/416

Study information

Scientific Title
Effect of Chitosan on Health and Obesity

Acronym
ECHO

Study objectives
Results from trials of chitosan as a weight loss treatment have provided conflicting results. A 1998 review of 5 studies suggested that chitosan was an effective treatment for overweight and obesity. However, many more chitosan trials have been carried out since then with variable results. In order resolve the uncertainty surrounding the effectiveness of this dietary supplement, we conducted a large randomised controlled clinical trial of the effect of chitosan on body weight, lipids, and other health outcomes.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Obesity

Interventions
3 g Chitosan daily versus placebo.

Intervention Type
Drug

Phase
Not Specified

Drug/device/biological/vaccine name(s)
Chitosan

Primary outcome(s)
The primary aim of the ECHO study was to determine if chitosan was an effective weight loss treatment for people who were overweight or obese.

Measures included changes in body weight (kilograms); body mass index, waist circumference; body fat percentage; systolic and diastolic blood pressure; serum cholesterol and lipids; plasma glucose; fat-soluble vitamins; faecal fat losses and health-related quality of life, from baseline to 24 weeks.

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

Completion date
30/06/2003

Eligibility

Key inclusion criteria
1. Overweight/obese male or female volunteers
2. Aged greater than 18 years
3. Body Mass Index (BMI) between 28 - 50 kg/m^2

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
01/11/2001

Date of final enrolment
30/06/2003

Locations

Countries of recruitment
New Zealand

Study participating centre
Clinical Trials Research Unit
Auckland
New Zealand
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Sponsor information

Organisation

Health Research Council of New Zealand (New Zealand)

ROR
https://ror.org/00zbf3d93

Funder(s)

Funder type
Research council

Funder Name
The Health Research Council of New Zealand (New Zealand)

Funder Name
Healtheries of New Zealand Ltd (New Zealand)

Results and Publications

Individual participant data (IPD) sharing plan
Not provided at time of registration

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		01/09/2004		Yes	No
Results article		17/12/2004		Yes	No
Other publications	Systematic review	01/02/2005		Yes	No