

# Effect of Chitosan on Health and Obesity

<b>Submission date</b> 16/12/2002	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 16/12/2002	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 08/11/2022	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Clinical Trials Information System (CTIS)**  
Nil known

**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 to 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<sup>2</sup>

**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?
<a href="#">Results article</a>		01/09/2004		Yes	No
<a href="#">Results article</a>		17/12/2004		Yes	No
<a href="#">Other publications</a>	Systematic review	01/02/2005		Yes	No