Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of meal timing on weight-loss diet effectiveness in overweight/obese subjects: a randomized clinical trial

Protocol summary

Study aim
This RCT was aimed to evaluate the effect of meal timing on weight-loss diet effectiveness in overweight/obese subjects.

Design
An open labelled, parallel groups, randomised controlled clinical trial

Settings and conduct
This study will be conducted with the participation of the employees of Ahvaz Jundishapour University of Medical Sciences. To education and readiness of participants for the nutritional and behavioural alterations, they will be followed a weight loss diet for two weeks without meal timing limitation. participants will be assigned randomly into two groups including intervention and control. participants of each group will be followed a weight-loss diet for 4 weeks. The macronutrients distribution of the weight-loss diet will be the same for groups as follows: 53% carbohydrate 30% fat and 17% protein.

Participants/Inclusion and exclusion criteria
Inclusion criteria: age between 30 to 60, body mass index (BMI) >25 kg/m2 and willingness to participate in the study. The exclusion criteria were consisted: pregnancy and lactation, chronic disease (such as cancer, liver and kidney disease), thyroid disease, gastrointestinal diseases, surgery for weight loss and any weight loss over the past six months, smoking, taking herbal supplements, weight-loss drugs and drug abuse

Intervention groups
A limited meal timing weight-loss diet group A non-limited meal timing weight-loss diet group

Main outcome variables
Body weight and body mass index (BMI)

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20131125015542N3**
Registration date: **2019-08-26, 1398/06/04**
Registration timing: **retrospective**

Last update: **2019-08-26, 1398/06/04**
Update count: **0**

Registration date
2019-08-26, 1398/06/04

Registrant information

Name
Maryam Asadi

Name of organization / entity
Ahvaz jundi shapoor university of medical sciences

Country
Iran (Islamic Republic of)

Phone
+98 61 3373 8253

Email address
maryamasadi136@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2017-10-18, 1396/07/26

Expected recruitment end date
2018-03-13, 1396/12/22

Actual recruitment start date
2017-11-12, 1396/08/21

Actual recruitment end date
2018-04-24, 1397/02/04

Trial completion date
2018-04-30, 1397/02/10

Scientific title
The effect of meal timing on weight-loss diet effectiveness in overweight/obese subjects: a randomized clinical trial

Public title
evaluation of meal timing on weight-loss diet effectiveness
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
body mass index (BMI) >25 kg/m2 willingness to participate in the study age between 30 to 60
Exclusion criteria:
pregnancy and lactation chronic disease (such as cancer, liver and kidney disease) thyroid diseases gastrointestinal diseases surgery for weight loss and any weight loss over the past six months smoking taking herbal supplements weight-loss drugs drug abuse
Age
From **30 years** old to **60 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **100**
Actual sample size reached: **70**
Randomization (investigator's opinion)
Randomized
Randomization description
simple randomization was done by the computer-generated random numbers
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Ahvaz jundishapoor University of Medical Sciences
Street address
Golestan Blvd
City
Ahvaz
Province
Khouzestan
Postal code
61357-15794
Approval date
2019-05-19, 1398/02/29
Ethics committee reference number
IR.AJUMS.REC.1398.179

Health conditions studied

1

Description of health condition studied
Obesity
ICD-10 code
E66.0
ICD-10 code description
Obesity due to excess calories

2

Description of health condition studied
Overweight
ICD-10 code
E66.9
ICD-10 code description
Obesity, unspecified

Primary outcomes

1

Description
Body weight
Timepoint
Baseline, week 2, week 4, week 6
Method of measurement
Scale

2

Description
Body mass index
Timepoint
Baseline, week 2, week 4, week 6
Method of measurement
Weight to square of height in meter

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: meal timing weight loss diet group. The intervention group will be followed a standard weight loss diet for 4 weeks and the last daily meal will be up to 6 PM.
Category
N/A

2

Description

Control group: non-meal timing weight loss diet group. The control group will be followed a standard weight loss diet without meal timing for 4 weeks.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Nutrition and Metabolic Diseases Research Centre of Ahvaz Jundishapour University of Medical Science

Full name of responsible person

Anahita Mansoori

Street address

Golestan st.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Dr Mohammad Badavi

Street address

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itc@ajums.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Ahvaz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Maryam Asadi

Position

Phd student

Latest degree

Master

Other areas of specialty/work

Nutrition

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

Anahita Mansoori

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Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
Maryam Asadi

Position
Phd student

Latest degree
Master

Other areas of specialty/work
Nutrition

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
Not applicable