

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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

Khuzestan

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

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Golestan st.

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Email

Mansoori_anahita@yahoo.com

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

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Anahita Mansoori

Position

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

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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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