ISRCTN41341840 https://doi.org/10.1186/ISRCTN41341840

# Plasma glucagon-like peptide (GLP) (7-36) amide response to low versus high glycaemic index drinks in Type II diabetic subjects and non-diabetic controls.

**Submission date**
30/09/2004

**Recruitment status**
No longer recruiting

**Registration date**
30/09/2004

**Overall study status**
Completed

**Last Edited**
10/03/2011

**Condition category**
Nutritional, Metabolic, Endocrine

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

### Secondary identifying numbers
N0016132030

# Study information

### Scientific Title

### Study objectives
1. To investigate the effects of drinks of differing glycaemic index (GI) on plasma GLP-1 concentrations and subsequent metabolic responses to a meal.
2. To determine if a low GI drink will cause a greater increase in postprandial GLP-1 concentrations and result in improved metabolic response compared to a high GI drink or water at a subsequent meal.

### 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

### Secondary study design
Randomised controlled trial

### Study setting(s)
Not specified

### Study type(s)
Not Specified

### Participant information sheet

### Health condition(s) or problem(s) studied
Nutritional, Metabolic, Endocrine: Diabetes

### Interventions
Not provided at time of registration

### Intervention Type
Other

### Phase
Not Specified

### Primary outcome measure
Diet is the first line treatment for Type 2 diabetes, however the optimal diet to promote good glycaemic control is still debated. GLP-1 is being investigated as an agent for the treatment of diabetes, however it has its shortcomings due to its short half life in humans. A specific food that could be consumed before a meal to stimulate release of GLP-1 and thus improve glycaemic control would be highly beneficial to patients, and potentially have fewer side effects and be less invasive than subcutaneous administration of the hormone.

### Secondary outcome measures
Not provided at time of registration

### Overall study start date
10/09/2003

### Completion date
09/09/2007

## Eligibility

### Key inclusion criteria
1. 12 diabetics and 12 healthy volunteers
2. Ages 30-65

### Participant type(s)
Healthy volunteer

### Age group
Adult

### Sex
Not Specified

### Target number of participants
24

### Key exclusion criteria
Not provided at time of registration

### Date of first enrolment
10/09/2003

### Date of final enrolment
09/09/2007

## Locations

### Countries of recruitment
England

United Kingdom

**Study participating centre**
**Nutrition and Dietetics Department**
London
United Kingdom
W12 0HS

# Sponsor information

**Organisation**
Department of Health

**Sponsor details**
Richmond House
79 Whitehall
London
United Kingdom
SW1A 2NL

**Sponsor type**
Government

**Website**
http://www.dh.gov.uk/Home/fs/en

# Funder(s)

**Funder type**
Government

**Funder Name**
Hammersmith Hospital NHS Trust (UK)

# Results and Publications

**Publication and dissemination plan**
Not provided at time of registration

**Intention to publish date**

**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 | results | 01/12/2007 | | Yes | No |