

# INPLASY

## A systematic review of TRE for athletes

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### ADMINISTRATIVE INFORMATION

**Support** - None.

**Review Stage at time of this submission** - The review has not yet started.

**Conflicts of interest** - None declared.

**INPLASY registration number:** INPLASY202380072

**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 16 August 2023 and was last updated on 16 August 2023.

### INTRODUCTION

**Review question / Objective** TRE for athletes.

**Condition being studied** Diet intervention to improve exercise performance.

### METHODS

**Participant or population** Athletes.

**Intervention** TRE.

**Comparator** Without TRE.

**Study designs to be included** Clinical study.

**Eligibility criteria** P: athletes. I: TRE. C: without TRE. O: exercise performance. S: RCT.

**Information sources** Pubmed, Embase.

**Main outcome(s)** Exercise performance.

**Quality assessment / Risk of bias analysis** RoB2.

**Strategy of data synthesis** None.

**Subgroup analysis** None.

**Sensitivity analysis** None.

**Country(ies) involved** China.

**Keywords** TRE, athletes.

### Contributions of each author

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