

INPLASY

The effect of TRE for human health: a systematic review

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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: INPLASY202390067

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 20 September 2023 and was last updated on 20 September 2023.

INTRODUCTION

Review question / Objective The effect of TRE for human health.

Condition being studied TRE: time-restricted eating.

METHODS

Participant or population Adults.

Intervention TRE.

Comparator without TRE.

Study designs to be included Clinical study.

Eligibility criteria (P) Population: adults. (I) Interventions: time-restricted eating (TRE). (C) Control: without TRE. (O) Outcomes: the primary outcomes were the effects of TRE on body

composition, body weight, plasma levels of lipids, glucoregulatory factors, and other factors like sleep quality. The second outcomes were the feasibility and safety of TRE for healthy subjects. (S) Study: clinical studies including non-RCTs and RCTs.

Information sources Embase and Pubmed.

Main outcome(s) The primary outcomes were the effects of TRE on body composition, body weight, plasma levels of lipids, glucoregulatory factors, and other factors like sleep quality. The second outcomes were the feasibility and safety of TRE for healthy subjects.

Quality assessment / Risk of bias analysis Cochrane.

Strategy of data synthesis None.

Subgroup analysis None.

Sensitivity analysis None.

Country(ies) involved China.

Keywords TRE, systematic review.

Contributions of each author

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