

INPLASY

The effect of time-restricted eating for diabetes: 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: INPLASY202390104

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 29 September 2023 and was last updated on 29 September 2023.

INTRODUCTION

Review question / Objective The effect of TRE for diabetes.

Condition being studied Diabetes.

METHODS

Participant or population Patients with diabetes.

Intervention TRE.

Comparator without TRE.

Study designs to be included Clinical study.

Eligibility criteria (P) Population: adults with diabetes. (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 Pubmed.

Main outcome(s) Efficacy.

Quality assessment / Risk of bias analysis Rob2.

Strategy of data synthesis None.

Subgroup analysis None.

Sensitivity analysis None.

Country(ies) involved China.

Keywords TRE, diabetes.

Contributions of each author

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