

# INPLASY

## The time-restricted eating for metabolic syndrome: a meta-analysis

INPLASY202650032

doi: 10.37766/inplasy2026.5.0032

Received: 6 May 2026

Published: 7 May 2026

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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:** INPLASY202650032

**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 7 May 2026 and was last updated on 7 May 2026.

### INTRODUCTION

**Review question / Objective** The effects of time-restricted eating for metabolic syndrome.

**Condition being studied** Metabolic syndrome.

### METHODS

**Participant or population** Patients with Metabolic Syndrome.

**Intervention** Time-restricted eating.

**Comparator** None.

**Study designs to be included** RCTs.

**Eligibility criteria** Studies related to the effects of time-restricted eating for Metabolic Syndrome.

**Information sources** Pubmed and Embase.

**Main outcome(s)** The time-restricted eating for metabolic syndrome.

**Quality assessment / Risk of bias analysis** Rob2.

**Strategy of data synthesis** None.

**Subgroup analysis** None.

**Sensitivity analysis** None.

**Country(ies) involved** China.

**Keywords** time-restricted eating, Metabolic Syndrome, systematic review.

### Contributions of each author

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