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**Study Title:** The impact of obesity on various aspects of metabolic health in children and adolescents

**Study Purpose:** To evaluate the metabolic effects of obesity on various aspects of metabolic health in children and adolescents.

**Investigator:** Dr. Handrean

**Location:** St Mary's

**Summary:** The study aims to assess the impact of obesity on metabolic health, with a focus on lipid metabolism and insulin resistance.

**Patients recruited:** Total of 114 participants recruited.

**Participants aged:** Mean age 12 years.

**Gender:** 53 males, 61 females.

**Arm:** Open-arm, blinded, randomized controlled trial.

**Treatments:** Obese children were randomized to a dietary intervention group or a control group.

**Control(s):** Placebo-controlled.

**Endpoints:** Primary endpoints include changes in body mass index (BMI), fasting glucose, and insulin resistance.

**Outcomes:** The study outcomes will include changes in BMI, fasting glucose, and insulin resistance over the 12-month study period.

**Other details:** The study will also assess the impact of obesity on quality of life and psychological well-being.

---

**Study Title:** The role of epigenetics in childhood obesity

**Investigator:** Prof. Smith

**Location:** The Children's Hospital

**Summary:** The study aims to investigate the role of epigenetics in childhood obesity.

**Patients recruited:** Total of 70 children recruited over 2 years.

**Participants aged:** Mean age 8 years.

**Gender:** 35 males, 35 females.

**Arm:** Open-arm, blinded, randomized controlled trial.

**Treatments:** Children were randomized to an intervention group or a control group.

**Control(s):** Placebo-controlled.

**Endpoints:** Primary endpoints include changes in body mass index (BMI) and waist circumference.

**Outcomes:** The study outcomes will include changes in BMI and waist circumference over the 2-year study period.

**Other details:** The study will also assess the impact of epigenetic modifications on adipose tissue function and metabolism.

---

**Study Title:** The effects of genetic variants on metabolic health in adults with type 2 diabetes

**Investigator:** Dr. Johnson

**Location:** The University of Manchester

**Summary:** The study aims to investigate the effects of genetic variants on metabolic health in adults with type 2 diabetes.

**Patients recruited:** Total of 55 participants recruited.

**Participants aged:** Mean age 45 years.

**Gender:** 28 males, 27 females.

**Arm:** Open-arm, blinded, randomized controlled trial.

**Treatments:** Participants were randomized to an intervention group or a control group.

**Control(s):** Placebo-controlled.

**Endpoints:** Primary endpoints include changes in fasting glucose and insulin resistance.

**Outcomes:** The study outcomes will include changes in fasting glucose and insulin resistance over the 12-month study period.

**Other details:** The study will also assess the impact of genetic variants on glucose tolerance and insulin secretion.

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**Study Title:** The impact of a novel gene therapy on metabolic health in patients with lipoprotein lipase deficiency

**Investigator:** Prof. Brown

**Location:** The University of Leeds

**Summary:** The study aims to investigate the impact of a novel gene therapy on metabolic health in patients with lipoprotein lipase deficiency.

**Patients recruited:** Total of 5 participants recruited.

**Participants aged:** Mean age 10 years.

**Gender:** 3 males, 2 females.

**Arm:** Open-arm, blinded, randomized controlled trial.

**Treatments:** Participants were randomized to an intervention group or a control group.

**Control(s):** Placebo-controlled.

**Endpoints:** Primary endpoints include changes in plasma triglycerides and cholesterol.

**Outcomes:** The study outcomes will include changes in plasma triglycerides and cholesterol over the 24-month study period.

**Other details:** The study will also assess the impact of the gene therapy on lipid metabolism and cardiovascular outcomes.

---

**Study Title:** The effect of a lifestyle intervention on metabolic health in patients with familial hypercholesterolemia

**Investigator:** Dr. White

**Location:** The University of Liverpool

**Summary:** The study aims to investigate the effect of a lifestyle intervention on metabolic health in patients with familial hypercholesterolemia.

**Patients recruited:** Total of 45 participants recruited.

**Participants aged:** Mean age 35 years.

**Gender:** 24 males, 21 females.

**Arm:** Open-arm, blinded, randomized controlled trial.

**Treatments:** Participants were randomized to an intervention group or a control group.

**Control(s):** Placebo-controlled.

**Endpoints:** Primary endpoints include changes in fasting glucose and insulin resistance.

**Outcomes:** The study outcomes will include changes in fasting glucose and insulin resistance over the 12-month study period.

**Other details:** The study will also assess the impact of the lifestyle intervention on lipid metabolism and cardiovascular outcomes.
<table>
<thead>
<tr>
<th>Protocol Title</th>
<th>Commercial Sponsor</th>
<th>Funded by</th>
<th>Lead Contact(s)</th>
<th>Protocol Status</th>
<th>End Date</th>
<th>Notes</th>
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**Notes:**
- **Commercial** indicates the protocol is sponsored by a commercial entity.
- **Academic** indicates the protocol is sponsored by an academic institution.
- **In set-up** indicates the protocol is in the planning stages.
- **Recruiting** indicates the protocol is actively recruiting participants.
- **Closed in follow-up** indicates the protocol has completed and is in the follow-up phase.
- **On hold** indicates the protocol has been paused.

**Protocol Status:**
- **Commercial** indicates sponsorship by a commercial entity.
- **Academic** indicates sponsorship by an academic institution.

**End Date:**
- The end date is the date on which the protocol is expected to conclude.

**Notes:**
- Additional notes may include specific details about the protocol's progress or status.
A multicentre, multinational, randomised, parallel-group, placebo-controlled (double blind) and active-controlled (open) trial to compare the efficacy and safety of once weekly dosing of NNC0195-0092 with once weekly dosing of placebo and daily Norditropin® FlexPro® in adults with growth hormone deficiency for 35 weeks, with a 53-week extension period.

Claire Higham
Metabolic & Endocrine
Closed to recruitment
Commercial

Follow-Up Study in Patients with Acromegaly Previously Participating in Chiasma Study CH-ACM-01
Peter Trainer
Metabolic & Endocrine
Closed to recruitment
Commercial

A multicentre, multinational, randomised, open-labelled, parallel-group, active-controlled trial to compare the safety of once weekly dosing of NNC0195-0092 with daily Norditropin® FlexPro® for 26 weeks in previously human growth hormone treated adults with growth hormone deficiency

Claire Higham
Metabolic & Endocrine
Closed to recruitment
Commercial

Acromegaly & Multijoint Disease
Characterisation of the impact of joint disease on patients with acromegaly
The Christie and SRFT
Pennine
Lipids
Hypertriglyceridaemia cause and effects
Hypertriglyceridaemia: therapeutic targets, genetic causes, and associated neuropathy
Metabolic and endocrine disorders
Open
Academic
01/12/2013
01/12/2020
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Acromegaly & Multijoint Disease
An Open-Label Extension Study of Volanesorsen Administered Subcutaneously to Patients with Familial Chylomicronemia Syndrome (FCS)
Dr Basil Issa
Metabolic and Endocrine
Open
Commercial
31/01/2017
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UHSM Metabolic