

# Effectiveness of School-Based Time-Restricted Eating for the Prevention and Control of Obesity in Children

NCT07184281

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Children's Hospital of Soochow University
Enrollment	1,380 participants

## Key Eligibility Criteria

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### Inclusion (11)

- Eligibility criteria for schools:
- The principal agrees to accept the randomization process and adhere to the study protocol;
- The total number of fourth-year students in the school must be more than 50;
- Schools that have not implemented or plan to implement obesity prevention interventions;
- Non-boarding schools, Ethnic minority schools, or specialty schools;

... and 6 more (see full listing online)

### Exclusion (11)

- All students in the selected classes will be the subject of the study after signing the informed consent, unless they have the following circumstances:
- Individuals with a history of heart disease, high blood pressure, diabetes, tuberculosis, asthma, hepatitis or nephritis;
- Individuals with secondary obesity: obesity due to endocrine disorders or side effects of medications;
- Individuals with abnormal growth and development, such as dwarfism, gigantism, etc;
- Individuals with physical deformities, including severe scoliosis, chicken breasts, claudication, significant O-leg/X-shaped legs;

... and 6 more (see full listing online)

## Locations (2 total)

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Children's Hospital of Soochow University, Suzhou, Jiangsu, China  
Wujiang Center for Disease Prevention and Control, Suzhou, Jiangsu, China