

Time Restricted Eating for Weight LoSs MainTenance-2

NCT07190170

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | NYU Langone Health |
| Enrollment | 110 participants |

Key Eligibility Criteria

Inclusion (4)

- e5%non-surgical weight loss in the last 3 mos;
- current BMI 20.5-45 mg/kg²;
- between the ages 25 to 65 years old;
- own a smartphone or willing to use a smartphone if provided for self-monitoring. For in-person screening, eligible participants will provide signed informed consent and have their temporal eating patterns measured.

Exclusion (18)

- pregnant, trying to get pregnant or breastfeeding;
- previous or planned bariatric surgery;
- previous or current history of eating disorder;
- ongoing participation in another weight-management research study;
- continued participation in a weight loss program other than the proposed study;
- ... and 13 more (see full listing online)

Locations (1 total)

NYU Langone Health, New York, New York, United States