

# Comparison of Genotype-Based Dietary Counseling Versus Standard Dietary Counseling on Weight Loss and Fat Mass Reduction

NCT07368777

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Metropolitan College
Enrollment	88 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Adults aged  $\geq 18$  years
- Body mass index (BMI)  $\geq 25$  kg/m<sup>2</sup>
- Greek-speaking (able to read and understand Greek and provide informed consent)
- Willing and able to participate in dietary counseling and study assessments for the duration of the study

### Exclusion (5)

- Current use of pharmacological treatments for weight loss, including but not limited to GLP-1 receptor agonists, appetite suppressants, or other anti-obesity medications
- Participation in any structured weight-loss intervention or program within the previous 3 months, including commercial weight-loss programs or medically supervised dietary interventions
- Use of medications known to significantly affect body weight or body composition, such as systemic corticosteroids, antipsychotic medications, or medications for thyroid disorders
- Pregnancy or lactation
- Presence of medical conditions that may affect body weight, metabolism, or nutritional status, including untreated thyroid disease, severe gastrointestinal disorders, or endocrine disorders

## Locations (1 total)

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Dietetics Department, School of Health Sciences, Metropolitan College, Marousi, Greece