**Project Title:** The efficacy of complementary medicines for weight loss and glycemic control  
**Code:** BODEN2

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<th>Host School/ Institute</th>
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| The Boden Institute of Obesity, Nutrition, Exercise & Eating Disorders | Charles Perkins Centre D17  
The University of Sydney Camperdown NSW 2006 |


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**Project Type:** Data Analysis, Clinical  
**Project Category:** Nutrition/Obesity, Pharmacology, Endocrinology/Metabolism

**Project Keywords:** 1. Data collection methods  
2. Validation study  
3. Economics

**Project Description:**

**Study Synopsis:** A 12 month randomised controlled trial to determine whether a fibre and/or ginseng supplement help with preventing type 2 diabetes mellitus (T2DM). Participants will be randomised to a fibre, ginseng, placebo, or combined fibre/ginseng treatment. Each diet will be part of a lifestyle program providing individualised eating, activity and behavioural change therapy.

**Brief Background:** This is an exciting opportunity to work in the Boden Institute, in the start-of-the-art brand new Charles Perkins Centre. You will be involved in clinic visits of participants attending the clinic facility, as well as data analysis of novel and innovative techniques and data collection tools recently implemented for this large clinical trial.

**Primary Objectives of the Study**
1. To determine the efficacy of α-cyclodextrin (FBCx) on absolute weight loss (kg) and percentage of weight loss, relative to baseline body weight, in an overweight or obese group with pre-diabetes.  
2. To investigate the efficacy of Compound K (GINST15) on glycaemic control in an overweight or obese group with pre-diabetes.

**Project Outline**
1. To investigate the reliability of a novel and innovative electronic web-based food diary with traditional data collection methods.  
2. To determine the cost savings and implications of electronic data capture versus traditional paper methods.

**Methods**

This study has been approved by the Royal Prince Alfred Hospital Ethics Committee. It has commenced as of 1st July 2105. The student will be involved in the data collection at clinic visits which will allow for the development of research and clinical based skills. The data will be coded and analysed using statistical software. Statistical support will be provided by the supervisor but the student will be expected to undertake basic statistical analysis. This work may lead to authorship on a peer-reviewed scientific journal.