

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

The effect of nutrition education on blood glucose and insulin resistance in men fasting in Kermanshah

Protocol summary

Summary

This study was aimed to assess the effect of nutrition education on the level of changes of Insulin, FBS and HOMA index in fasting individual. This was an interventional study. A total of 160 volunteer people who were decided to definitely fast during oncoming month of Ramadan were identified and selected from mosques in the city of Kermanshah. Participants were divided randomly into two groups. The intervention group was trained for proper nutrition before and during Ramadan. The two groups were matched for age and socioeconomic status. Body composition and blood parameters was measured three times: a week before Ramadan, at the end of Ramadan and one month after Ramadan. Outcome variables were FBS, Insulin and HOMA index. Inclusion criteria were male, aged 20 to 60 years and fasting and Exclusion criteria were cut fasting.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201702269856N5**
Registration date: **2017-04-29, 1396/02/09**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-04-29, 1396/02/09

Registrant information

Name

Yahya Pasdardar

Name of organization / entity

Kermanshah University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 83 1828 1991

Email address

yahya.pasdardar@kums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kermanshah University of Medical Sciences

Expected recruitment start date

2011-10-23, 1390/08/01

Expected recruitment end date

2012-01-21, 1390/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of nutrition education on blood glucose and insulin resistance in men fasting in Kermanshah

Public title

The effect of nutrition education on blood glucose and insulin resistance in men fasting in Kermanshah

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria : male; aged 20-60 years; a complete fasting during Ramadan; the lack of underlying disease
Exclusion criteria : cut fasting during Ramadan for any reason

Age

From **20 years** old to **60 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **160**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee Kermanshah University of Medical Sciences

Street address

Kermanshah

City

Kermanshah

Postal code

Approval date

2016-03-02, 1394/12/12

Ethics committee reference number

KUMS.REC.1394.481

Health conditions studied

1

Description of health condition studied

Diabetes

ICD-10 code

E10

ICD-10 code description

Insulin-dependent diabetes mellitus

Primary outcomes

1

Description

FBS

Timepoint

Before intervention, After intervention

Method of measurement

By getting a blood samples from the participants and measured with laboratory kits

2

Description

Insulin

Timepoint

Before intervention, After intervention

Method of measurement

By getting a blood samples from the participants and measured with laboratory kits

Secondary outcomes

1

Description

HOMA (homeostasis model assessment)

Timepoint

Before intervention, After intervention

Method of measurement

$[FPI \text{ (mIU/L)} \times FPG \text{ (mmol/L)}] / 22.5$

Intervention groups

1

Description

The intervention group before and during Ramadan are trained on how to proper nutrition. Nutritional science education pamphlets in simple language and approved by nutrition educators will be

Category

Lifestyle

2

Description

The control group received no intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Faculty of Public Health

Full name of responsible person

Dr Yahya pasdar

Street address

Department of Nutrition, Faculty of Public Health, Kermanshah

City

Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research of Kermanshah

University of Medical Sciences
Full name of responsible person
 Dr Behrooz Hamzeh
Street address
 Vice Chancellor for Research and Information
 Technology Kermanshah University of Medical
 Sciences, Shahid Beheshti Blvd., Kermanshah
City
 Kermanshah
Grant name
Grant code / Reference number
**Is the source of funding the same sponsor
 organization/entity?**
 Yes
Title of funding source
 Vice Chancellor for Research of Kermanshah University
 of Medical Sciences
Proportion provided by this source
 100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty