

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Evaluation of dairy intake effects on the lipid profile, stress oxidative and inflammatory markers in diabetic patients

Protocol summary

Summary

To evaluate the effect of dairy intake on the lipid profile, stress oxidative and inflammatory markers in diabetic patients. A total of 90 patients with type 2 diabetes were randomly assigned to one of three treatment groups for 8 weeks. The groups received either no dairy product (n=30), 3 serving dairy product (n=30) or 5 serving dairy products (n=30). Serum lipid profile, stress oxidative and inflammatory markers were measured at baseline and at 8 weeks after treatment.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201207261640N8**

Registration date: **2012-08-15, 1391/05/25**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2012-08-15, 1391/05/25

Registrant information

Name

Parvin Mirmiran

Name of organization / entity

Obesity Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Me

Country

Iran (Islamic Republic of)

Phone

+98 21 2243 2500

Email address

mirmiran@endocrine.ac.ir

Recruitment status

Recruitment complete

Funding source

Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2012-09-01, 1391/06/11

Expected recruitment end date

2012-11-01, 1391/08/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of dairy intake effects on the lipid profile, stress oxidative and inflammatory markers in diabetic patients

Public title

Effect of dairy product on lipid profile, stress oxidative and inflammatory markers

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age 18-60 y; no change in weight during 3 month previous; intake of dairy product 2 or less serving per day; no specific diet; body mass index 25-30 kg/m²; diabetic patients; intake of hypoglycemic drug. Exclusion criteria: using insulin infusion; liver and kidney disease; Allergy; intake of antioxidant and vitamin and mineral.

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences

Street address

24 No., A'rabi St, Yemen St, velenjak, Chamran Exp.

City

Tehran

Postal code**Approval date**

2012-07-25, 1391/05/04

Ethics committee reference number

451

Health conditions studied**1****Description of health condition studied**

Diabetic patients

ICD-10 code

E12

ICD-10 code description

Malnutrition-related diabetes mellitus

Primary outcomes**1****Description**

lipid profile

Timepoint

at baseline and 8 weeks after intervention

Method of measurement

biochemical analysis

2**Description**

inflammatory marker

Timepoint

at baseline and 8 weeks after intervention

Method of measurement

biochemical analysis

3**Description**

stress oxidative

Timepoint

at baseline and 8 weeks after intervention

Method of measurement

biochemical analysis

Secondary outcomes**1****Description**

BMI

Timepoint

at baseline and 8 weeks after intervention

Method of measurement

scale

2**Description**

blood pressure

Timepoint

at baseline and 8 weeks after intervention

Method of measurement

mercury sphygmomanometer

Intervention groups**1****Description**

Control group receive no dairy products.

Category

N/A

2**Description**

First intervention group receive 3 serving dairy products per day.

Category

Treatment - Other

3**Description**

Second intervention group receive 5 serving dairy products per day.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Iran diabetes association

Full name of responsible person

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Institute for Endocrine Sciences, Shahid Beheshti University of medical Sciences

Full name of responsible person

Fereidoun Azizi

Street address

24 No, A'rabi St, Yeman St, Velenjak, Chamran Exp

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Research Institute for Endocrine Sciences, Shahid Beheshti 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

Name of organization / entity

Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences

Full name of responsible person

Parvin Mirmiran

Position

Ph.D in Nutrition

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Nutrition and Endocrine Research Center

Full name of responsible person

Parvin Mirmiran

Position

Ph.D in Nutrition

Other areas of specialty/work

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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