Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Effect of barberry juice on serum glucose, lipids, apopropteins, paraoxonase -1 and blood pressure in patients with type 2 diabetes

Protocol summary

Summary

The purpose of present study was to investigate the effect of Barberry juice on serum glucose, lipids, apolipoproteins and paraoxonase 1 levels and blood pressure in patients with type 2 diabetes. Inclusion criteria : Willingness to work, have type 2 diabetes, Not using insulin and Exclusion Criteria : recurrent disease as the leading cause of hospitalization; changing The type and dose of medication of patients. The study population are 46 patients with type 2 diabetes. Patients in the intervention group receive 200 cc Barberry juice daily for 8 weeks. control group receive no action . at the beginning and end of the study Concentrations of total cholesterol and paraoxonase 1 serum Will be measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201409031640N14**
Registration date: **2015-02-14, 1393/11/25**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-02-14, 1393/11/25

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 Behesti University of Medical Sciences and Health Services), Research Institute of Nutrition and Food Technology

Expected recruitment start date

2013-08-23, 1392/06/01

Expected recruitment end date

2013-09-23, 1392/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of barberry juice on serum glucose, lipids, apopropteins, paraoxonase -1 and blood pressure in patients with type 2 diabetes

Public title

Effect of barberry juice on serum glucose, lipids, apopropteins, paraoxonase -1 and blood pressure in patients with type 2 diabetes

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Willingness to work; developing type 2 diabetes; Not using insulin; Body Mass Index> 18/5.
Exclusion Criteria: recurrent disease as the leading cause of hospitalization; changing The type and dose of medication of patients

Age

From **30 years** old to **70 years** old

Gender

Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **46**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not 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 of Nutrition and Food Technology
Street address
Shahrakgharb, Tehran
City
Tehran
Postal code
20/10/1391
Approval date
2013-03-12, 1391/12/22
Ethics committee reference number
048481

Health conditions studied

1

Description of health condition studied
Type 2 Diabetes
ICD-10 code
E10, E11,
ICD-10 code description
Diabetes mellitus

Primary outcomes

1

Description
cholesterol
Timepoint
Before the intervention, after intervention
Method of measurement
Enzymatic method using kits

2

Description
Paraoxonase 1
Timepoint
Before the intervention, after intervention
Method of measurement
Enzymatic method using kits

Secondary outcomes

empty

Intervention groups

1

Description
Intervention Group: Barberry Juice, 200 cc, 2 times daily. 8 weeks
Category
Lifestyle

2

Description
Control Group: No action
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Iranian Diabetes Society, Babol
Full name of responsible person
Fatemeh lazavi
Street address
City
Babol

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research Institute for Endocrine Sciences (Shahid Behesti University of Medical Sciences and Health
Full name of responsible person
Dr Parvin Mirmiran
Street address
Research Institute for Endocrine Sciences (Shahid Behesti University of Medical Sciences and Health Services
City
Velenjak, 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 Behesti University of Medical Sciences and Health

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

Shahid Behesti University of Medical Sciences and Health Services

Full name of responsible person

Fatemeh Lazavi

Position

Ms

Other areas of specialty/work

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Other areas of specialty/work

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Person responsible for updating data

Contact

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Position

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Other areas of specialty/work

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Web page address

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