

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

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

Public title

Effect of barberry juice on serum glucose, lipids, apoproteins, 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 Services)

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**Street address**

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Research Institute for Endocrine Sciences (Shahid Behesti University of Medical Sciences and Health Services)

Full name of responsible person

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PhD Nutrition

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Dr Parvin Mirmiran

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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