Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Jun 2026

The Effects Of Milk and Kefir Drink Consumption On Anthropometric Indises ,Lipid Profile and Blood Pressure In Premenoposal or Obese women

Protocol summary

Summary

This Randomized Controlled study is accomplished to control weight , improve lipid profile and reduce blood pressure in 75 premenoposal overweight or obese women by milk and kefir drink replacement in diet for 2 months and it's effect on anthropometric Indises , lipid profile and Blood Pressure. Particioants will be randomly devided into milk , kefir drink and control groups. Energy requirement for each person will be stimated by EER formula and the macronutrients percentage are equal for 3 groups.The milk and kefir groups consume 2 more servings of dairy products than the control group.The factors which are named above, will be measured at the beginning and at the end of the sudy.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013061313661N1**
Registration date: **2014-03-09, 1392/12/18**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-03-09, 1392/12/18

Registrant information

Name
Yasamin Fathi
Name of organization / entity
Shiraz University Of Medical Science
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Shiraz University Of Medical sciences

Expected recruitment start date

2013-12-22, 1392/10/01

Expected recruitment end date

2014-04-22, 1393/02/02

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects Of Milk and Kefir Drink Consumption On Anthropometric Indises ,Lipid Profile and Blood Pressure In Premenoposal or Obese women

Public title

Comparision Of The Effects Of Milk and Kefir Drink Consumption On Anthropometric Indises ,Lipid Profile and Blood Pressure In Premenoposal or Obese women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: female sex ; age over 25 ; BMI over 25 ; agreed with lactose and mlik ; not be menopause ; not be pregnant, not lactating, not using any drugs and nutritional supplement ; not participate in other trials over the last 6 months ; not having any disease such as thyroid ,diabetes. hypertension Exclusion Criteria : Don"t want to fallow the trial

Age

From **25 years** old to **45 years** old

Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **75**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
Shiraz Medical University

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee Of Shiraz Medical University
Street address
Olumpezeshki Department, Zand Street, Shiraz, Fars
City
Shiraz
Postal code
Approval date
2013-11-29, 1392/09/08
Ethics committee reference number
1392-6751

Health conditions studied

1

Description of health condition studied
Overweight or Obese
ICD-10 code
E66
ICD-10 code description
Obesity

Primary outcomes

1

Description
Weight
Timepoint
At the beginning and at the end of the study
Method of measurement
Bascul-e- Sahand Set(with 100 grams accuracy)

2

Description
Lipid profile
Timepoint
At the beginning and at the end of the story
Method of measurement
By use of bt 1500 set and pars test kit

3

Description
Waist Circumference
Timepoint
At the beginning and at the end of the study
Method of measurement
Tape measure

4

Description
Blood pressure
Timepoint
At the beginnig and at the end f the study
Method of measurement
mmgh-piezometer

Secondary outcomes

1

Description
BMI
Timepoint
At the beginning and at the end of the study
Method of measurement
weight (kg) divided by square of height (m)

Intervention groups

1

Description
Estimation of daily energy for each person by EER Formula Daily consumption of 500 cc milk for 2 months which it's energy and macronutrients has been calculated
Category
Lifestyle

2

Description
Estimation Of Daily Energy for each person by EER Formula Daily Consumption of 750 cc kefir for 2 months which it's energy and macronutrients has been calculated.
Category
Lifestyle

3

Description
Estimation of Daily Enrgy by EER Formula Go on a diet contained 2 servings of dairy pruducts(2servings less than intervention groups)
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Cardiovascular Research Center
Full name of responsible person
Yasamin Fathi
Street address
City
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz Medical University
Full name of responsible person
Dr Gholamreza Hatam
Street address
Shiraz, Zand Street, Olumpezeshki Department, The 7th Floor
City
Shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz Medical University
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
Shiraz Medical University, Nutrition College
Full name of responsible person
Yasamin Fathi
Position
Msc of Nutrition
Other areas of specialty/work
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kooy-e-Zahra Street,Fatholmobin Alley,Nutrion College
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Person responsible for scientific inquiries

Contact
Name of organization / entity
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Dr Shiva Faghih
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phd of nutrition
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Person responsible for updating data

Contact
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Medical University, Shiraz, Fars
Full name of responsible person
Yasamin Fathi
Position
Msc Of Nutrition
Other areas of specialty/work
Street address
City
Shiraz
Postal code
Phone
00
Fax
Email
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