Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Jun 2026

Evaluation of effect of acarbose consumption on weight loosing in nondiabetic obese patients in Kerman

Protocol summary

Summary

This study was a double-blind randomized controlled clinical trial. From all obese patients referred to the endocrinology clinic of Afzalipour hospital and office for treatment, 66 non diabetic subjects were recruited to this study. Inclusion criteria were age equal or more than 18 years, willingness to participate in the study, BMI (weight[kg]/ height[m]2) between 25-35, no evidence of cardiovascular disease, diabetes, gastrointestinal disease (IBD, intestinal ulcers, bowel obstruction), liver disease and renal disease, no history of medication for lowering weight, women should not be pregnant or milking. The exclusion criteria were no desire to continue the treatment, development of renal, gastrointestinal and liver disease during treatment and beginning to utilize antihypertensive drugs such as β blocker and thiazides. At the beginning of study, the baseline characteristics of all selected subjects including height, weight, total cholesterol, and triglyceride (TG) and fasting blood glucose (FBS) were recorded. Patients were randomly assigned to receive acarbose or placebo. Randomization was performed centrally by a computer program with minimization for height, weight and BMI according to the study center. Treatment group was given acarbose pills (100mg) and other group took lactose contained placebo (100mg). Patients were given study medication1.5 tablets daily for the first two weeks and 3 tablets per day afterwards. Subjects were evaluated every month for adverse effects, weight loss and BMI for five months. At the baseline and once every three months blood samples for FBS, TG and Cholesterol were taken from patients

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201011151774N3**
Registration date: **2010-12-29, 1389/10/08**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2010-12-29, 1389/10/08

Registrant information

Name
Mojgan Sanjari
Name of organization / entity
Kerman University of Medical Science
Country
Iran (Islamic Republic of)
Phone
+98 34 1322 2506
Email address
msanjari@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Kerman medical university; Excir company

Expected recruitment start date

2009-03-21, 1388/01/01

Expected recruitment end date

2010-03-21, 1389/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of effect of acarbose consumption on weight loosing in nondiabetic obese patients in Kerman

Public title

acrabose effect on weight loseing

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria were age equal or more than 18 years, willingness to participate in the study, BMI (weight[kg]/ height[m]2) between 25-35, no evidence of cardiovascular disease, diabetes, gastrointestinal disease (IBD, intestinal ulcers, bowel obstruction), liver disease and renal disease, no history of medication for lowering weight, women should not be pregnant or milking. The exclusion criteria were no desire to continue the treatment, development of renal, gastrointestinal and liver disease during treatment and beginning to utilize antihypertensive drugs such as β blocker and thiazides.

Age
From **18 years** old to **149 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **66**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Kerman medical univercity ethics committe

Street address
Kerman Jomhori ave. Kerman medical univercity

City
Kerman

Postal code

Approval date
2009-07-24, 1388/05/02

Ethics committee reference number
k/88/106

Health conditions studied

1

Description of health condition studied
overweight

ICD-10 code
E66.9

ICD-10 code description
Obesity, unspecified

Primary outcomes

1

Description
BMI

Timepoint
monthly

Method of measurement
meter and weighting scale

Secondary outcomes

1

Description
Fbs, TG, Cholestrol

Timepoint
every three mounth

Method of measurement
lab test

Intervention groups

1

Description
placebo three tablets daily

Category
Placebo

2

Description
acarbose tablet 100 mg three tablets daily

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Afzali Pour hospital

Full name of responsible person
Dr Akram Nakhaee

Street address

City
Kerman

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman medical university

Full name of responsible person

Dr Hamid Najafipour

Street address

Kerman, Kerman medical university

City

Kerman

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kerman medical university

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

Excir company

Full name of responsible person

Romiia Javadi

Street address

22, Rahmati alley, Valiasr Ave

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Excir company

Proportion provided by this source

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

Kerman Medical university

Full name of responsible person

Dr Akram Nakhaee

Position

general physician

Other areas of specialty/work

Street address

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Person responsible for scientific inquiries

Contact

Name of organization / entity

kerman medical university

Full name of responsible person

Dr Mojgan Sanjari

Position

Endocrinologist

Other areas of specialty/work

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Person responsible for updating data

Contact

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Position

general physician

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