Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of low calorie balance diet with and without almond on weight reduction and Lipid profile in overwieght persons (BMI>25)

Protocol summary

Summary

Current study investigates the effect of consumption of almond in balance low calori diet per day in comparison to balance low calori diet in people with overweight.The patients should be BMI>25 and not being case of kidney, liver and cardiovascular diseases.requirment of energy in both groups calculte according to haris bebedict and reduce 1000 calories from that.percentage of macronutrient are equal in both group. The individuals in case group consume 50 gram almonds per day. After 3 month, case group will compare with control group for the following factors:weight,waist circumference,blood pressure, TG, total cholesterol, LDL, HDL.

General information

Acronym

body mass index

IRCT registration information

IRCT registration number: **IRCT2013062313751N1**
Registration date: **2013-07-16, 1392/04/25**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-07-16, 1392/04/25

Registrant information

Name

Zohreh Abazarfard

Name of organization / entity

Health and Nutrition School, Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 71 1631 7304

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Recruitment status

Recruitment complete

Funding source

Vice-Chancellery of Research and Technology, Shiraz University of Medical Sciences

Expected recruitment start date

2013-04-04, 1392/01/15

Expected recruitment end date

2013-04-20, 1392/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of low calorie balance diet with and without almond on weight reduction and Lipid profile in overwieght persons (BMI>25)

Public title

effect of almond on weight reduction

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: BMI> 25 and age between 20 to 55 years. Exclusion criteria: no history of chronic diseases (cancer, kidney disease, liver disease and heart failure); No being under special circumstances such as pregnancy; do not have night shift work and not taking weight reduction medications.

Age

From **20 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **88**

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

Shiraz university of medical sciences

Street address

zand street

City

shiraz

Postal code

Approval date

2013-04-25, 1392/02/05

Ethics committee reference number

CT-92-6498

Health conditions studied

1

Description of health condition studied

overweight people

ICD-10 code

E66.0

ICD-10 code description

Obesity due to excess calories

Primary outcomes

1

Description

weight

Timepoint

befor the interventio, 3 month after the intervention

Method of measurement

seca scale

2

Description

lipid profil(TG,HDL,LDL,total Chol)

Timepoint

befor the interventio, 3 month after the intervention

Method of measurement

biosystem autoanalyzer bt1500

3

Description

fasting blood sugre

Timepoint

befor the interventio, 3 month after the intervention

Method of measurement

biosystem autoanalyzer bt1500

4

Description

blood pressure

Timepoint

befor the interventio, 3 month after the intervention

Method of measurement

mmgh-piezometer

5

Description

waist circumference

Timepoint

befor the interventio, 3 month after the intervention

Method of measurement

centimeter-tape measure

Secondary outcomes

empty

Intervention groups

1

Description

in case group:adjust a balance low calory diet that contain comsumption of 50 gram almonds per day.1000 kcal is subtracted from energy requirement for weight reduction.

Category

Lifestyle

2

Description

in control group:adjust a balance low calory diet and only 1000 kcal is subtracted from energy requirement for weight reduction.

Category

Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Hazrat vali asr clinic
Full name of responsible person
dr. Mousa Salehi
Street address
bargh street
City
shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice-Chancellery of Research and Technology, Shiraz University of Medical Sciences
Full name of responsible person
Dr. Mohammad Ali sahmoddini
Street address
Vice-Chancellery of Research and Technology,store 7th, Shiraz University of Medical Science Centeral Bulding, beside Helale-Ahmar, Zand Street
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shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice-Chancellery of Research and Technology, Shiraz 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
Health and Nutrition School, Shiraz University of Medical Sciences
Full name of responsible person
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Person responsible for updating data

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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