

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

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

Protocol summary

Summary

Current study investigates the effect of consumption of almond in balance low calorie diet per day in comparison to balance low calorie diet in people with overweight. The patients should be BMI>25 and not being case of kidney, liver and cardiovascular diseases. Requirement of energy in both groups calculate according to Harris Benedict 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)

Phone

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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 overweight 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 Central
Building, beside Helale-Ahmar, Zand Street

City

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

dr.Mousa Salehi

Position

Associate Professor of Nutrition

Other areas of specialty/work**Street address**

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Person responsible for updating data

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MSc Student of Nutrition

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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