Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of oat consumption on renal function in subjects with chronic kidney disease

Protocol summary

Summary

This parallel randomized clinical trial will be conducted in 50 subjects with chronic kidney disease (GFR<90 mL/min/1.73m2). Subjects in the intervention group will receive 50 g/d oat + nutritional recommendations for patients with chronic kidney disease (CKD). In the control group, only nutritional recommendations will be given to patients. The renal function will be measured by biochemical variables (blood urea nitrogen, serum concentration of creatinine, potassium, albumin, and klotho; and urinary creatinine and proteinuria) at baseline and after 8 weeks of intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015050414551N2**
Registration date: **2015-12-10, 1394/09/19**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-12-10, 1394/09/19

Registrant information

Name
Mohammad Hossein Rouhani
Name of organization / entity
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source
Food Security Research Center of Isfahan University of Medical Sciences

Expected recruitment start date

2015-10-23, 1394/08/01

Expected recruitment end date

2016-01-21, 1394/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of oat consumption on renal function in subjects with chronic kidney disease

Public title

Oat and treatment of kidney disease

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: GFR<90 mL/min/1.73m2, without any disease which interpret with study outcomes, no using medications which interpret with study outcomes, fill the written consent Exclusion criteria: low adherence to the prescribed diet, loss to fallow up, start using medications which interpret with study outcomes, get disease which interpret with study outcomes

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

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
Ethics Committee of Isfahan University of Medical Sciences
Street address
Isfahan University of Medical Sciences, Hezar Jarib Street, Azadi Square, Isfahan
City
Isfahan
Postal code
Approval date
2015-06-28, 1394/04/07
Ethics committee reference number
IR.MUI.REC.1394.3.192

Health conditions studied

1

Description of health condition studied
Chronic Kidney Disease
ICD-10 code
N18.9
ICD-10 code description
Chronic kidney disease, unspecified

Primary outcomes

1

Description
Blood Urea Nitrogen
Timepoint
8 weeks
Method of measurement
Biochemistry

2

Description
Serum Creatinine
Timepoint
8 weeks
Method of measurement
Biochemistry

3

Description
Serum Albumin
Timepoint
8 weeks
Method of measurement
Biochemistry

4

Description
Urine Creatinine
Timepoint
8 weeks
Method of measurement
Biochemistry

5

Description
Urine Protein
Timepoint
8 weeks
Method of measurement
Biochemistry

6

Description
parathyroid hormone
Timepoint
8 weeks
Method of measurement
Biochemistry

7

Description
Serum Klotho
Timepoint
8 weeks
Method of measurement
Biochemistry

8

Description
Serum Potassium
Timepoint
8 weeks
Method of measurement
Biochemistry

Secondary outcomes

1

Description

Weight

Timepoint

8 Weeks

Method of measurement

Scale

Intervention groups

1

Description

Intervention group: Nutritional recommendations for patients with chronic kidney disease will be delivered to this group. Subjects are also prescribed to consume 50 gr/day oat powder.

Category

Treatment - Other

2

Description

Control group: Nutritional recommendations for patients with chronic kidney disease will be delivered to this group.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Personal Medical Clinic

Full name of responsible person

Dr Leila Azadbakht

Street address

School of Nutrition and Food Science, Isfahan University of Medical Sciences

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Isfahan University of Medical Sciences

Full name of responsible person

Dr Mohammad Hasan Entezari

Street address

Isfahan University of Medical Sciences, Hezar Jarib Street, Azadi Square

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor for research of Isfahan 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

Isfahan University of Medical Sciences

Full name of responsible person

Dr Leila Azadbakht

Position

Ph.D, Professor

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Position

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Other areas of specialty/work

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Web page address

Person responsible for updating data

Contact

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