

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 2026

### The effect of cinnamon on the clinical signs, fasting blood sugar , lipid profile , liver enzymes , blood pressure and inflammatory markers in women with rheumatoid arthritis

#### Protocol summary

##### Summary

Goals: The effects of cinnamon on clinical symptoms, fasting blood glucose, lipid profile, liver enzymes, blood pressure and some inflammatory biomarkers in women with rheumatoid arthritis referred to rheumatology clinic colleague, 40 female patients with rheumatoid arthritis after examination by a rheumatologist enrolled in the study And randomly will be divided into two groups: intervention and placebo. Inclusion criteria: Patient consent to participate in the study- Diagnosis of rheumatoid arthritis According to american college Rheumatology criteria (ACR) -Female gender-Age over 18 years-The disease duration for at least two years-Having active disease- Exclusion criteria:Rejection of cinnamon capsules-Developing sudden acute illness.Immigration.Any change in treatment protocol and drugs that led to the removal of the study, Intolerance or food allergy.interventions: the intervention group four capsules 500 mg Cinnamon and the other group will use placebo for 8 weeks. At the beginning and end of the study Clinical sign according to the number of swollen joints,number of painful joints and indicators of disease activity score in 28 joints by using DAS-28 questionnaire, serum levels of fasting blood sugar , lipid profile(TC,TG,LDL.c,HDL.c), liver enzymes ALT,AST, inflammatory markers CRP, TNF-  $\alpha$ , ESR and blood pressure will be measured and compared between the two groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016020414680N3**

Registration date: **2016-02-13, 1394/11/24**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2016-02-13, 1394/11/24

##### Registrant information

###### Name

Farideh Shishehbor

###### Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 61 3373 8430

###### Email address

shishehbor-f@ajums.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Vice Chancellor for Research and Technological Development, Ahvaz Jundishapoor University of Medical Sciences

##### Expected recruitment start date

2016-04-02, 1395/01/14

##### Expected recruitment end date

2016-04-08, 1395/01/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of cinnamon on the clinical signs, fasting blood sugar , lipid profile , liver enzymes , blood pressure and inflammatory markers in women with rheumatoid arthritis

**Public title**

Effects of oral administration of cinnamon on rheumatoid arthritis

**Purpose**

Treatment

**Inclusion/Exclusion criteria**

Inclusion criteria: Diagnosis of rheumatoid arthritis According to American College Rheumatology criteria (ACR) -Female gender-Age over 18 years-The disease duration for at least two years-Having active disease-  
Exclusion criteria:Rejection of cinnamon capsules(the receptionless than 80 %)-Developing sudden acute illness,Immigration,Any change in treatment protocol and drugs that led to the removal of the study.

**Age**

From **18 years** old to **100 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **40**

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Single blinded

**Blinding description****Placebo**

Used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

The Ethics Committee of Ahvaz Jundishapur University of Medical Science

**Street address**

The Ethics Committee, Vice Chancellor for Research and Technology, Ahvaz Jundishapur University of Medical Sciences, University City, Golestan blvd.

**City**

Ahvaz

**Postal code****Approval date**

2016-01-23, 1394/11/03

**Ethics committee reference number**

IR.AJUMS.REC.1394.573

**Health conditions studied****1****Description of health condition studied**

Active Rheumatoid Arthritis

**ICD-10 code**

M06.8

**ICD-10 code description**

Other specified rheumatoid arthritis

**Primary outcomes****1****Description**

CRP

**Timepoint**

Before and after 8 weeks of intervention

**Method of measurement**

Latex method

**2****Description**

TNF- $\alpha$

**Timepoint**

Before and after 8 weeks of intervention

**Method of measurement**

ELISA

**3****Description**

Systolic blood pressure

**Timepoint**

Before and after 8 weeks of intervention

**Method of measurement**

Barometer

**4****Description**

Diastolic blood pressure

**Timepoint**

Before and after 8 weeks of intervention

**Method of measurement**

Barometer

**5****Description**

triglyceride

**Timepoint**

Before and after 8 weeks of intervention

**Method of measurement**

Enzymatic Method

**6****Description**

Total cholesterol

**Timepoint**

Before and after 8 weeks of intervention  
**Method of measurement**  
Enzymatic Method

## 7

**Description**  
HDL cholesterol  
**Timepoint**  
Before and after 8 weeks of intervention  
**Method of measurement**  
Enzymatic Method

## 8

**Description**  
LDL cholesterol  
**Timepoint**  
Before and after 8 weeks of intervention  
**Method of measurement**  
Fried-Wald formula

## 9

**Description**  
fasting blood sugar  
**Timepoint**  
Before and after 8 weeks of intervention  
**Method of measurement**  
Colorimetric method

## 10

**Description**  
ALT  
**Timepoint**  
Before and after 8 weeks of intervention  
**Method of measurement**  
UV tes

## 11

**Description**  
AST  
**Timepoint**  
Before and after 8 weeks of intervention  
**Method of measurement**  
UV test

## 12

**Description**  
ESR  
**Timepoint**  
Before and after 8 weeks of intervention  
**Method of measurement**  
Westergren

## 13

**Description**  
disease activity score  
**Timepoint**  
Before and after 8 weeks of intervention

**Method of measurement**  
DAS-28 questionnaire

## Secondary outcomes

### 1

**Description**  
Body mass index  
**Timepoint**  
Before and after 8 weeks of intervention  
**Method of measurement**  
Calculation

## Intervention groups

### 1

**Description**  
intervention group:Four cinnamon capsules 500 mg daily for 8 week  
**Category**  
Other

### 2

**Description**  
The placebo group:Four placebo daily for 8 weeks  
**Category**  
Placebo

## Recruitment centers

### 1

**Recruitment center**  
**Name of recruitment center**  
clinic of Physician rheumatologist colleague.Elham Rajaei  
**Full name of responsible person**  
Elham rajaei  
**Street address**  
Ahvaz,Kianpars st.  
**City**  
ahvaz

## Sponsors / Funding sources

### 1

**Sponsor**  
**Name of organization / entity**  
Vice Chancellor for Research and Technology,Ahvaz Jundishapur University of Medical Sciences  
**Full name of responsible person**  
Dr.Nader Saki  
**Street address**  
Vice Chancellor for Research and Technology.Ahvaz Jundishapur University of Medical Sciences,University city,Golestan Blvd.  
**City**

Ahvaz

**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 and Technology,Ahvaz  
Jundishapur 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**

Ahvaz Jundishapur University of Medical Sciences

**Full name of responsible person**

Farideh Shishebor

**Position**

Nutrition PhD, Assistant professor, Ahvaz  
Jundishapur University of Medical Sciences

**Other areas of specialty/work**

**Street address**

Paramedics school, Ahvaz Jundishapur University of  
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**Full name of responsible person**

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**Position**

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**Contact**

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**Phone**

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**Fax**

**Email**

shishebor-f@ajums.ac.ir

**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*