Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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 acorrding 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- α, 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
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Iran (Islamic Republic of)
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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-α
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 Jundishapour University of Medical Sciences

Full name of responsible person

Farideh Shishebor

Position

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

Other areas of specialty/work

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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