

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparison of food intake in Large and small dishware in obese or overweight patients

Protocol summary

Summary

This study is designed to investigate the effect of the size of food utensils (plate, spoon and fork) on energy intake and amount of food, salad and drinks consumption and also it's relation to eating habits. Forty overweight and obese staff of Ahvaz University of medical Sciences with age of less than 60, body mass index of more than 25 and not having any obesity co-morbidities and not taking any medication will be recruited randomly and entered to a "cross-sectional designed" study. Those who are on a diet, following an sports program or are drug users will be omitted from the study. A sociodemographic questionnaire, Dutch Eating Behavior, international physical activity and eating habits questionnaire will be filled by interviewing participants and then they will be randomly allocated into blocks and two groups. Each group contains 25 people and the intervention method is unblinded. group one which will receive small dining utensils at the first period and large utensil at the second period and group two which will receive large utensil at first period and small utensil at second one. Wash-out period will be 3 weeks. In every intervention period patients will receive a double or 1.5 times the normal portion size, including barbequed chicken breast, steamed rice with saffron, vegetable salad, Dough and coca cola and these foods will be served similarly and separately for each person. The time spent for eating lunch and also the quantity of consumed food and drink will be measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016041516123N7**

Registration date: **2016-04-24, 1395/02/05**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-04-24, 1395/02/05

Registrant information

Name

Sima Jafarirad

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 1373 8317

Email address

jafarirad-s@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Ahvaz Jundishapur University of Medical Sciences

Expected recruitment start date

2016-04-20, 1395/02/01

Expected recruitment end date

2016-07-22, 1395/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of food intake in Large and small dishware in obese or overweight patients

Public title

Evaluation of the effect of eating utensils sizes on food intake during a meal in obese or overweight patients

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: age between 19-60 years old; body mass index of equal or more than 25; complete mental and physical health (according to annual medical check-up of university staff) and having no comorbidities of overweight and obesity such as High Blood Pressure; Asthma; Arteriovascular disease and so on. Exclusion criteria: being menopause or premenopausal in women population; being an athlete or doing exercise regularly; following a therapeutic or weight management diet; following any life style or eating related habits modification program or social network; taking weight loss medicine over last three month; taking any sensory disrupting medicine; drug or alcohol addiction; Having metabolic or gastrointestinal disease.

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ahvaz Jundishapur University of Medical Sciences

Street address

Ahvaz Jundishapur University of Medical Sciences,
Golestan St, Ahvaz, Iran

City

Ahvaz

Postal code

Approval date

2015-10-17, 1394/07/25

Ethics committee reference number

IR.AJUMS.REC.1394.392

Health conditions studied

1

Description of health condition studied

Obesity

ICD-10 code

E66.0

ICD-10 code description

Obesity due to excess calories

Primary outcomes

1

Description

Carbohydrate intake

Timepoint

After the intervention

Method of measurement

Food analyzer software, scale, grams

2

Description

Protein intake

Timepoint

After the intervention

Method of measurement

Food analyzer software, scale, grams

3

Description

Fat intake

Timepoint

After the intervention

Method of measurement

Food analyzer software, scale, grams

4

Description

Energy intake

Timepoint

After the intervention

Method of measurement

Food analyzer software, scale, grams

Secondary outcomes

1

Description

Mayonnaise intake

Timepoint

At the same time with intervention

Method of measurement

Scale, grams

2

Description

Salad consumption

Timepoint

At the same time with intervention
Method of measurement
Scale, grams

3

Description
Chicken consumption
Timepoint
At the same time with intervention
Method of measurement
Scale, grams

4

Description
Rice consumption
Timepoint
At the same time with intervention
Method of measurement
Scale, grams

Intervention groups

1

Description
Intervention group: patients will receive small size eating utensil including small size ceramic dining plate (19.5 Cm), small spoon (5 ml), small fork and a 120 ml glass. Each patient in the intervention group will receive a lunch package consisted of 270 grams of barbecued chicken breast (seasoned with onion, saffron and lime juice), 600 grams of steamed rice and two medium size tomatoes as optional side dish, 430 grams of vegetable salad with 42 grams mayonnaise which will be served separately.
Category
Lifestyle

2

Description
Control group: patients will receive large size eating utensil including large size ceramic dining plate (25 Cm), large spoon (15 ml), large fork and a 120 ml glass. Each patient in control group will receive a lunch package consisted of 270 grams of barbecued chicken breast (seasoned with onion, saffron and lime juice), 600 grams of steamed rice and two medium size tomatoes as optional side dish, 430 grams of vegetable salad with 42 grams mayonnaise which will be served separately.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person
Mahdis Vakili
Street address
City
Ahvaz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ahvaz Jundishapur University of Medical Sciences
Full name of responsible person
Mr. Dianat
Street address
Ahvaz Jundishapur University of Medical Sciences,
Golestan St, Ahvaz, Iran
City
Ahvaz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
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

Person responsible for scientific inquiries

Contact

Name of organization / entity
Ahvaz Jundishapur University of Medical Sciences
Full name of responsible person
Mahdis Vakili
Position
BSc in Nutrition Science
Other areas of specialty/work
Street address
Golestan St, Ahvaz Jundishapur University of Medical Sciences, Paramedicine school
City
Ahvaz
Postal code
Phone

+98 61 3337 5717

Fax

Email

mahdisvakili@ymail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Mahdis Vakili

Position

BSc in Nutrition Science

Other areas of specialty/work

Street address

Golestan St, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

City

Ahvaz

Postal code

Phone

+98 61 3337 5717

Fax

Email

mahdisvakili@ymail.com

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