

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

Effects of walnut oil on glycemic control in type 2 diabetic patients referring to Shiraz Healthy Heart Home

Protocol summary

Summary

The purpose of this study is to investigate the effect of walnut oil on glycemic control and it's randomized, single-blind and done in single-center. Inclusion Criteria: Patients with type2 diabetes aged between 20 to 80 years with at least 2 years past their diagnosis and receiving maximum 2 anti-diabetic drugs. Exclusion Criteria: Patients who have a history of chronic or metabolic diseases known to affect blood sugar or Diabetic Patients who have taken insulin. The sample size is 100 patients are divided into two groups: intervention group and control. intervention group will received 15 gr walnut oil daily for 3 months and the control group hasn't received any intervention. Before and after the intervention, FBS, HbA1c and weight have been checked; and then the statistical studies have been performed on the data.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014022216682N1**

Registration date: **2014-03-19, 1392/12/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-03-19, 1392/12/28

Registrant information

Name

Kamran Aqasadeghi

Name of organization / entity

Shiraz University of Medical Science

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Iran (Islamic Republic of)

Phone

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hakimih@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-03-01, 1392/12/10

Expected recruitment end date

2014-03-16, 1392/12/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of walnut oil on glycemic control in type 2 diabetic patients referring to Shiraz Healthy Heart Home

Public title

Effects of walnut oil on glycemic control in type 2 diabetic patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: Patients with diabetes age 20 and maximum age 80; with at least 2 years past their diagnosis; Patients with diabetes who are receiving maximum 2 anti-diabetic drug. Exclusion Criteria: Patients who have a history of chronic or metabolic diseases known to affect blood sugar; Diabetic Patients who take insulin.

Age

From **20 years** old to **80 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research of Shiraz University of Medical Sciences

Street address

Shiraz University of Medical Sciences, Zand St, Shiraz

City

Shiraz

Postal code

7134814336

Approval date

2013-06-17, 1392/03/27

Ethics committee reference number

CT-P-92-5670

Health conditions studied

1

Description of health condition studied

diabetes

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

HbA1C

Timepoint

Before the experiment, three months after the intervention.

Method of measurement

biochemical measurements on blood sample

2

Description

FBS

Timepoint

Before the experiment, three months after the intervention.

Method of measurement

biochemical measurements on blood sample

Secondary outcomes

1

Description

Weight

Timepoint

Before the experiment, three months after the intervention.

Method of measurement

Electronic Scales

Intervention groups

1

Description

Control group : no intervention

Category

Treatment - Drugs

2

Description

. Intervention group:use walnut oil orally 15 grams per day for90 days

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Cardiovascular Research Center of Shiraz University of Medical Sciences

Full name of responsible person

Hossein Hakimi

Street address

Cardiovascular Research Center, Shahid Faghihi Hospital, Zand Blvd, Shiraz

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Midical Sciences

Full name of responsible person

Mrs Hoghooghi

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City

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

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**

Shiraz University of Medical Sciences

Full name of responsible person

Kamran AQasadqy

Position

Associate Professor of Cardiology

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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