Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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 t0 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 suger 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 Sience

Country

Iran (Islamic Republic of)

Phone

+98 71 1612 5609

Email address

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 suger; 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
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Midical Sciences

Full name of responsible person
Mrs Hoghooghi
Street address
Cardiovascular Research center, Shahid Faghihi Hospital, Zand Blvd, Shiraz
City
Shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz University of Midical 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
Other areas of specialty/work
Street address
Shiraz University of Medical Sciences, Zand St, Shiraz
City
Shiraz
Postal code
7134844119
Phone
+98 71 1234 3529
Fax
+98 71 1234 3529
Email
hakimih@sums.ac.ir hakimihosein64@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Kamran AQasadqy
Position
Associate Professor of Cardiology
Other areas of specialty/work
Street address
Cardiovascular Research center,Shahid Faghihi Hospital,Zand Blvd, Shiraz
City
Shiraz
Postal code
7134844119
Phone
+98 71 1234 3529
Fax
+98 71 1234 3529
Email
hakimih@sums.ac.irhakimihosein64@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Hossein Hakimi
Position
Resident of Cardiology
Other areas of specialty/work
Street address
Shiraz University of Medical Sciences, Zand St, Shiraz
City
Shiraz
Postal code
7134844119
Phone
+98 71 1612 5609
Fax
+98 71 1234 3529
Email
hakimihosein64@yahoo.com hakimih@sums.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