

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Comparison of the effects of canola oil and rice bran oil consumption on blood lipids and serum malondialdehyde in post menopausal type 2 diabetes women

#### Protocol summary

##### Summary

The present study is a randomized controlled trial On 75 postmenopausal women with type 2 diabetes Referred to the endocrinologist will take 2 months. After the patient's written consent to Random block design consisting of three groups of 25 persons Include a control group (sunflower oil) And intervention groups (canola oil and rice bran) divided And from 4 weeks before intervention Use of lipid-lowering drugs Be discontinued under medical supervision. A balanced diet is the energy equation Based on the formula EER, Based on current weight, For each of the participants in the study (Contains 55% carbohydrates, 18% protein and 27% fat) Calculated ,prepared and they will be explained During the intervening period Daily 30 g of the desired oils Using modulo 15 gr on boiled food or salads spills and take. At the beginning and end of the intervention , measurement of height, weight, systolic and diastolic blood pressure, blood lipid profile and serum malondialdehyde (By 5 ml fasting blood sample), taking 3-day food record will be doing.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014050417568N1**  
Registration date: **2014-06-06, 1393/03/16**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2014-06-06, 1393/03/16

##### Registrant information

Name

Azade Salar

##### Name of organization / entity

Shiraz University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 12 2624 4118

##### Email address

salar@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Shiraz University of Medical Sciences

##### Expected recruitment start date

2014-04-04, 1393/01/15

##### Expected recruitment end date

2014-07-06, 1393/04/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison of the effects of canola oil and rice bran oil consumption on blood lipids and serum malondialdehyde in post menopausal type 2 diabetes women

##### Public title

Effect of Different Types of Oils on Blood Lipids

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion: Gender Female/ Being Postmenopausal/ Lung least 6 months experience for type 2 diabetes/ Routine consumption of sunflower oil Exclusion: TG>400 mg/dl and LDL\_C>170 mg/dl/ Requires the lipid-lowering drugs/

Consumption Insulin/ Thyroid disorders, Kidney and liver disease, Cardiovascular disease/ Use of any medication or nutritional supplement/ Participation in other studies in the last 6 months/ History of allergies/ Consumption of Corticosteroids, NSAIDs and immunosuppressive, Cyclosporine and Warfarin/ Smoking/ Alcohol Consumption

**Age**

From **45 years** old to **75 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **75**

**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**

Shiraz University of Medical Sciences

**Street address**

Zand street, Medical University Buildings

**City**

Shiraz

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

2014-04-14, 1393/01/25

**Ethics committee reference number**

CT-93-60-6990

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

Type 2 Diabetes

**ICD-10 code**

E11

**ICD-10 code description**

None Insulin Diabetes Mellitus

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

High Blood Lipid and Oxidative Stress

**Timepoint**

Baseline and End of Study

**Method of measurement**

Using 5 ml of Fasting Blood

**Secondary outcomes**

empty

**Intervention groups****1****Description**

Interventin Groups: Daily consumption of 30gr Canola and Rice Bran Oils during 2 months/ Control Group: Daily consumption of 30gr Sunflower Oil during 2 months

**Category**

Treatment - Other

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Motahari Clinic

**Full name of responsible person**

00989111208385

**Street address**

Zand Street, Shiraz

**City**

Shiraz

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Doctor Seyyed Basir Hashemi

**Street address**

Madical University of Bildings, Zand Street

**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 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*

Nur

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**Web page address****Person responsible for general inquiries****Contact****Name of organization / entity**

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**Full name of responsible person**

Azade Salar

**Position**

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No .150, kalej 6, shohaada street

**City****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*