

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The role of ranitidine in the prevention of olanzapine induced weight gain

Protocol summary

Summary

Olanzapine is an atypical antipsychotic drug which is widely used in psychiatric wards and has weight gain side effect. The aim of this study was to analyze the effect of ranitidine in prevention of olanzapine induced weight gain. It was a triple blind randomized clinical trial on the patients with thought disorder who was taking olanzapine. 60 patients entered the study considering the inclusion and exclusion criteria. Then, they were randomly assigned into intervention or comparison group. The intervention group was given 600 mg of ranitidine, daily made by Sobhan company along with olanzapine while the comparison group was given placebo with the same color, shape, and taste of ranitidine along with olanzapine for 16 weeks. Before and 16 weeks after intervention, the patients in both group weighted by weight scale (Kg) and ranitidine side effects were recorded weekly by drugs side effect questionnaire

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Tabriz University of Medical Sciences

Expected recruitment start date

2008-03-20, 1387/01/01

Expected recruitment end date

2009-03-21, 1388/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201009112181N5**

Registration date: **2010-10-26, 1389/08/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-10-26, 1389/08/04

Registrant information

Name

Fatemeh Ranjbar Kouchaksaraei

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Scientific title

The role of ranitidine in the prevention of olanzapine induced weight gain

Public title

The role of ranitidine in the prevention of weight gain

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Taking olanzapine for thought disorder, Hospitalization for over 16 weeks, signing informed written consent Exclusion criteria: The physical co-morbidity, Simultaneous taking of drugs with weight gain side effect, Special diets

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Triple blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Vice chancellor for research of Tabriz University of Medical Sciences

Street address

Tabriz University of Medical Sciences, Golgasht street, Tabriz

City

Tabriz

Postal code**Approval date**

empty

Ethics committee reference number

3992/4/5

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

obesity

ICD-10 code

E66.1

ICD-10 code description

Drug-induced obesity

2**Description of health condition studied**

Schizophrenia

ICD-10 code

F20

ICD-10 code description

Schizophrenia

3**Description of health condition studied**

Schizoaffective disorders

ICD-10 code

F25

ICD-10 code description

Schizoaffective disorders

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

body weight

Timepoint

Before and 16 weeks after intervention

Method of measurement

Weight Scale(kg)

Secondary outcomes**1****Description**

ranitidine side effects

Timepoint

Weekly

Method of measurement

drugs side effects questionnaire

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

Intervention group: tab ranitidine 150mg, 4 tab per day, orally, for 16 weeks

Category

Treatment - Drugs

2**Description**

Control group: placebo with the same shape, size and taste, 4 tab, orally, for 16 weeks

Category

Placebo

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

Tabriz Razi Hospital

Full name of responsible person

Dr Fatemeh Ranjbar Kouchaksaraie

Street address

Razi Hospital, El goli road, Tabriz

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

Vice chancellor for research

Street address

Tabriz University of Medical Sciences, Golgasht street,
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Tabriz

Grant name

124/202

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Tabriz 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

Tabriz University of Medical Sciences

Full name of responsible person

Dr. Alireza Ghanepoor

Position

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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