

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Comparing the effect of canola oil and olive oil on blood lipids, oxidative stress, insulin resistance, blood pressure and inflammation in women with type 2 diabetes

Protocol summary

Summary

The main objective of the study: Comparing the effect of canola oil and olive oil on blood lipids, oxidative stress, insulin resistance, blood pressure and inflammation on the population of women with type 2 diabetes. Study design: Non-randomized, not blinded, without a placebo control, single center. Study population: Women with type 2 diabetes. Conditions for Inclusion criteria: "female gender; at least 6 months history of diabetes; routine consumption of sunflower oil". Conditions for exclusion: "needing blood fat-lowering drugs; using insulin; Existence of thyroid disorders; kidney and liver disease; cardiovascular disease; participating in other studies in 6 months before; history of allergies; consumption of corticosteroids, immunosuppressive NSAIDs, cyclosporine and warfarin; Smoking; alcohol use; Having LDL over 160 and Having TG over 400". Sample size: 75 people. Intervention: They are randomly divided into three groups by balanced block. In group, 30 grams of olive or canola or sunflower oil daily is given for 8 weeks. Time intervention: 8 weeks. Primary outcome: Lipid profile. Secondary outcome: Oxidative stress, resistance insulin, blood pressure, inflammation.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015062722818N1**
Registration date: **2016-02-12, 1394/11/23**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-02-12, 1394/11/23

Registrant information

Name

Masume Atefi

Name of organization / entity

Shiraz University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 25 3292 9575

Email address

stud0386015376@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellery for Research of Shiraz University of Medical Sciences

Expected recruitment start date

2015-07-23, 1394/05/01

Expected recruitment end date

2015-11-22, 1394/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of canola oil and olive oil on blood lipids, oxidative stress, insulin resistance, blood pressure and inflammation in women with type 2 diabetes

Public title

Comparison of olive oil and canola oil on the lipid profile in patients with type 2 diabetes

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: female gender; at least 6 months history of diabetes; routine consumption of sunflower oil. Exclusion criteria: needing blood fat-lowering drugs; using insulin; Existence of thyroid disorders; kidney and liver disease; cardiovascular disease; participating in other studies in 6 months before; history of allergies; consumption of corticosteroids, immunosuppressive; NSAIDs; cyclosporine; warfarin; Smoking; alcohol use; Having LDL over 160 and Having TG over 400.

Age

No age limit

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)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics Committee of Shiraz University of Medical Sciences

Street address

Central Building of Shiraz University of Medical Sciences, Zand Street, Shiraz

City

Shiraz

Postal code**Approval date**

2015-06-05, 1394/03/15

Ethics committee reference number

IR.SUMS.REC.1394.27

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

Type 2 diabetes

ICD-10 code

E00,E90

ICD-10 code description

Nutritional, endocrine and metabolic diseases

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

Lipid profile

Timepoint

Before and after the intervention

Method of measurement

Blood test

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

Oxidative stress, insulin resistance, blood pressure and inflammation

Timepoint

Before and after the intervention.

Method of measurement

Blood test

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

Intervention group 1: 30 grams daily olive oil from Famila brand for 8 weeks

Category

Treatment - Other

2**Description**

Intervention group 2: 30 grams daily canola oil from Ladan brand for 8 weeks

Category

Other

3**Description**

Control group: 30 grams daily sunflower oil from Ladan Brand for 8 weeks

Category

Other

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

Motahari Clinic

Full name of responsible person

Dr. Gholamreza Pishdad

Street address

Motahari Clinic, Namazi Square, Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellery for Research of Shiraz University of Medical Sciences

Full name of responsible person

Dr. Mohammad Hadi Imanieh

Street address

Central Building of Shiraz University of Medical Sciences, Zand Street, Shiraz

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellery for Research of 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

Masume Atefi

Position

M.Sc student in major of Health Sciences in Nutrition

Other areas of specialty/work

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Person responsible for updating data

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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