

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

Assessment for compare the effect of alprazolam and clonazepam on blood glucose in adult panic patients

Protocol summary

Summary

This study aims to evaluate the effect of benzodiazepines (especially alprazolam) on blood glucose of panic patients. 45 adult panic patients in the age group of 18 and over in the individuals who refer to psychiatric clinics affiliated to Babol University of Medical Sciences (in Ayatollah Rouhani and Shahid Yahyanejad Hospitals) will be allocated randomly in the three groups: sertraline; sertraline plus alprazolam; and sertraline plus clonazepam. At first, the weight, height, fasting blood glucose, two hours post-prandial blood glucose and HgA1C will be tested in all patients. Intervention group will receive 1.5-4 milligram per day alprazolam besides 50-200 milligram sertraline (based on the patient's treatment response). Control group will receive only 50-200 milligram sertraline per day and alprazolam will be prescribed 0.5 milligram as needed- if panic attack occurs-. Another intervention group will receive 1.5-4 milligram per day clonazepam besides 50-200 milligram sertraline. The patients will be examined in twelve weeks; they will be visited by a psychiatrist monthly and their symptoms will be assessed. The number of panic attacks will be recorded weekly. Finally, fasting blood glucose, two hours post-prandial blood glucose and HgA1C will be tested again.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016040722991N3**
Registration date: **2016-04-21, 1395/02/02**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-04-21, 1395/02/02

Registrant information

Name

Sussan Moudi

Name of organization / entity

Babol University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 11 3236 5683

Email address

sussan.mouodi@mubabol.ac.ir

Recruitment status

Recruitment complete

Funding source

Babol University of Medical Sciences

Expected recruitment start date

2016-04-08, 1395/01/20

Expected recruitment end date

2016-08-21, 1395/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessment for compare the effect of alprazolam and clonazepam on blood glucose in adult panic patients

Public title

Effect of alprazolam and clonazepam on blood glucose in adult panic patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age 18 years and over; filling out the informed consent form; psychiatric diagnosis of panic disorder; no desire to be pregnant during the study and to use proper contraceptive; no use of psychoactive

drugs at least in one week before entering the study
Exclusion criteria: active suicidal thoughts; disorders in which it is contraindicated to use sertraline, alprazolam and clonazepam; past history or having psychotic or bipolar disorders; pregnancy or breast feeding; uncontrolled convulsion disorders; a personality disorder in severity which worsens the evaluation of efficacy and safety of treatment; co-treatment with other psychotropic drugs; diabetes mellitus

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **45**

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 Babol University of Medical Sciences

Street address

University of Medical Sciences, Babol

City

Babol

Postal code

Approval date

2016-01-17, 1394/10/27

Ethics committee reference number

Mubabol.Rec.1394.255

Health conditions studied

1

Description of health condition studied

panic disorder

ICD-10 code

F41.0

ICD-10 code description

Panic disorder [episodic paroxysmal anxiety]

Primary outcomes

1

Description

fasting blood glucose

Timepoint

12th week

Method of measurement

blood test

2

Description

two hours post-prandial blood glucose

Timepoint

12th week

Method of measurement

blood test

3

Description

Hemoglobine A1C

Timepoint

12th week

Method of measurement

blood test

Secondary outcomes

1

Description

the number of panic attacks

Timepoint

weekly

Method of measurement

psychiatric visit

Intervention groups

1

Description

Intervention group 1: 1.5-4 milligram per day alprazolam besides 50-200 milligram sertraline for 12 weeks

Category

Treatment - Drugs

2

Description

Intervention group 2: 1.5-4 milligram per day clonazepam besides 50-200 milligram sertraline for 12 weeks

Category

Treatment - Drugs

3

Description

Control group: 50-200 milligram sertraline per day for 12 weeks

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Ayatollah Rouhani Hospital

Full name of responsible person

Sussan Moudi, MD

Street address

Ayatollah Rouhani Hospital, Ganjafrooz avenue, Babol

City

Babol

2

Recruitment center

Name of recruitment center

Shahid Yahyanejad Hospital

Full name of responsible person

Sussan Moudi, MD

Street address

Shahid Yahyanejad Hospital, Modarres avenue, Babol

City

Babol

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Babol University of Medical Sciences

Full name of responsible person

Ali Akbar Moghadamnia, PhD

Street address

Babol University of Medical Sciences, Ganjafrooz Avenue, Babol

City

Babol

Grant name

معاونت تحقیقات دانشگاه علوم پزشکی بابل

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor for research of Babol 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

Babol University of Medical Sciences

Full name of responsible person

Sussan Moudi, MD

Position

Assistant Professor

Other areas of specialty/work

Street address

Department of Psychiatry, Shahid Yahyanejad Hospital, Babol

City

Babol

Postal code

Phone

+98 11323268823

Fax

Email

sussan.mouodi@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Babol University of Medical Sciences

Full name of responsible person

Sussan Moudi

Position

Assistant Professor

Other areas of specialty/work

Street address

Department of Psychiatry, Shahid Yahyanejad Hospital, Babol

City

Babol

Postal code

Phone

+98 11323268823

Fax

Email

sussan.mouodi@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Babol University of Medical Sciences

Full name of responsible person

Sussan Moudi, MD

Position

Assistant Professor

Other areas of specialty/work**Street address**

Department of Psychiatry, Shahid Yahyanejad
Hospital, Babol

City

Babol

Postal code

4718747415

Phone

+98 11 3219 0624

Fax

+98 11 3219 0624

Email

sussan.mouodi@gmail.com

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