

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jul 2026

Effect of Green Tea on Blood Stress Oxidative and Body Mass Index in Operating Room Personal

Protocol summary

Summary

General Goal: Determination of green tea effect on the blood oxidative stress rate and body mass index among operation room personnel Research Design: non-control Inclusion criteria: The participant did not drink green tea in the last three weeks; Participant must have at least three years job history in operation room unit; Participant are not exposed on the X-ray in last day; Participant have not any history of getting anesthetic in the last three months; Participant must not consume any complementary vitamin and other anti-oxidants; Participant must not have any history of smoking; Participant must not have any metabolic diseases such Diabetes, Hypo or Hyper thyroid; Participant must not take medications which influence on the BMI such anti-psychotic and anti-depressive, anti-fat or hormone therapy material. Exclusion Criteria: Participant dissuasion from taking part in the study for any reason; the Loss the job in operation room unit for any reason; Participant have to take medication during study; Participant have to get anesthetic or X-ray during study Sample size: 22 peoples. Intervention case: Effect of Green Tea on Blood Stress Oxidative and Body Mass Index

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015121723216N1**

Registration date: **2015-12-17, 1394/09/26**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-12-17, 1394/09/26

Registrant information

Name

Said Amini Rarani

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 3522 6158

Email address

ghadami@mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences and Management of technology and research center, Isfahan Steel Company

Expected recruitment start date

2015-09-23, 1394/07/01

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

Effect of Green Tea on Blood Stress Oxidative and Body Mass Index in Operating Room Personal

Public title

Effect of Green Tea on Cancer and Obesity

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: The participant did not drink green tea in the last three weeks; Participant must have at least three years job history in operation room unit; Participant

are not exposed on the X-ray in last day; Participant have not any history of getting anesthetic in the last three months; Participant must not consume any complementary vitamin and other anti-oxidants; Participant must not have any history of smoking; Participant must not have any metabolic diseases such Diabetes, Hypo or Hyper thyroid; Participant must not take medications which influence on the BMI such anti-psychotic and anti-depressive, anti-fat or hormone therapy material. Exclusion Criteria: Participant dissuasion from taking part in the study for any reason; the Loss the job in operation room unit for any reason; Participant have to take medication during study; Participant have to get anesthetic or X-ray during study

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 22

Randomization (investigator's opinion)

N/A

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

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

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

Isfahan University Of Medical Sciences

Street address

Hezarjerib Street, Isfahan, Iran

City

Isfahan

Postal code

8174673461

Approval date

2015-08-23, 1394/06/01

Ethics committee reference number

ir.mui.rec.1394.3.460

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

exposure to gas of anesthetic

ICD-10 code

Y17

ICD-10 code description

Poisoning by and exposure to other gases and vapours, undetermined intent

2**Description of health condition studied**

Obesity

ICD-10 code

E66.9

ICD-10 code description

Obesity, unspecified

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

Blood Stress Oxidative

Timepoint

Before and After the intervention

Method of measurement

To measure the oxidative stress level, four parameters of OHdG-8 to assessing of DNA damage and Myeloperoxidase and superoxide dismutase and glutathione peroxidase from blood sample were recorded

2**Description**

Body Mass Index

Timepoint

Before and After of intervention

Method of measurement

The BMI is recorded as the ratio of weight to square of length.

Secondary outcomes

empty

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

intervention is consume 4 cup of green tea for 8 weeks. Each cup contained 3 grams dry green tea's leaf in 300 ml boiled water and 80 centigrade temperature

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan Motahari Hospital

Full name of responsible person

Saeed Amini

Street address

NO 127, 22Bahman alley, Raran st, Khorasgan city,
Isfahan, Iran

City

Isfahan

Steel Company

Proportion provided by this source**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

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Isfahan University of Medical Sciences

Full name of responsible person

Dr mehdi nematbakhsh

Street address

Hezarjerib Street, Isfahan, Iran

City

Isfahan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Isfahan University of Medical Sciences

Proportion provided by this source**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

2

Sponsor**Name of organization / entity**

Management of technology and research
center, Isfahan Steel Company

Full name of responsible person

Sani Abedini

Street address

Esfahan Steel Company, Zarinshahr City, Isfahan

City

Isfahan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Management of technology and research center, Isfahan

Person responsible for general inquiries

Contact**Name of organization / entity**

Isfahan University of Medical Sciences

Full name of responsible person

Amini Rarani Said

Position

Master Science of Nursing

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

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Web page address

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Isfahan University of Medical Sciences

Full name of responsible person

Ahmad Ghadami

Position

PhD

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

Amini Rarani Said

Position

Master Science of Nursing

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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