Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Determination of satiety index of 1.5% low-fat yogurt in healthy adults with normal body mass index (18.5-25), Isfahan, 2014; a quasi-experimental study

Protocol summary

Summary

This is a quasi-experimental study. The main aim of the present study is to determine the satiety index of low-fat yogurt in healthy adults with normal body mass index (18.5-25). Thirty healthy adult volunteers in Isfahan with normal body mass index (BMI) participated in this study; subjects do not have diseases and do not get any medicines. The single center study is neither randomized nor blind. We will test the satiety with water load and satiety with eating white bread and 1.5% low-fat yogurt. We evaluated the satiety index of (water, 90 gram white bread and 526 gram 1.5% low-fat yogurt) based on VAS and LIKERT scales. Intervention has been applied in three consecutive days; at the specified time in the morning while the participants have been fasted for 10 hours. We asked Participants to have the same food intake and physical activity the days before interventions and then we recorded food intake and physical activity. We calculated the score of hunger by three-factor eating questionnaire (TFEQ) and palatability of test foods by questionnaire, before each test. We defined the Functional dyspepsia based on ROME III and the severity of functional dyspepsia by Glasgow and tally questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015092323957N3**
Registration date: **2016-01-04, 1394/10/14**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-01-04, 1394/10/14

Registrant information

Name

Sayyed Morteza Safavi

Name of organization / entity

Isfahan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Self

Expected recruitment start date

2015-01-01, 1393/10/11

Expected recruitment end date

2015-01-05, 1393/10/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Determination of satiety index of 1.5% low-fat yogurt in healthy adults with normal body mass index (18.5-25), Isfahan, 2014; a quasi-experimental study

Public title

Determination of score of low-fat yogurt satiety

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: normal body mass index (in the last three months), no disease, no medication Exclusion

criteria: poor cooperation of participants, start taking certain drugs

Age
From **18 years** old to **55 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size:

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
Ethics committee of Isfahan University of Medical Sciences

Street address
Hezar Jarib Avenue, Isfahan University of Medical Sciences, Isfahan

City
Isfahan

Postal code

Approval date
2015-04-26, 1394/02/06

Ethics committee reference number
IR.MUI.REC.1394.3.006

Health conditions studied

1

Description of health condition studied
Apparently healthy adult with normal BMI

ICD-10 code
E65, E66

ICD-10 code description
Localized adiposity, Obesity

2

Description of health condition studied
Functional dyspepsia

ICD-10 code
k30

ICD-10 code description
Dyspepsia

Primary outcomes

1

Description
Satiety index of test foods

Timepoint
Once before eating test foods and after each 15 minutes for 120 minutes

Method of measurement
Questionnaire based on likert and vas scales

Secondary outcomes

1

Description
Score of functional dyspepsia

Timepoint
Once before starting test

Method of measurement
ROME III Questionnaire

2

Description
Score of functional dyspepsia severity

Timepoint
Once before starting test

Method of measurement
Glasgow and Tally questionnaire

3

Description
Score of palatability

Timepoint
Once before testing each test food

Method of measurement
Questionnaire

4

Description
Score of hunger

Timepoint
Once before starting test

Method of measurement
three-factor eating questionnaire (TFEQ) questionnaire

Intervention groups

1

Description
This intervention has one group that is performed on healthy adult with normal weight. All subjects received

three test foods (water, 90-gram white bread and 526-gram low-fat yogurt equal 240-kilo calorie) in three days. We evaluate their satiety index with questionnaire based on VAS and LIKERT scales.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan University of Medical Sciences

Full name of responsible person

Zeinab Gholami

Street address

Hezar Jarib Avenue, Isfahan University of Medical Sciences, Isfahan

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Isfahan University of Medical Sciences

Full name of responsible person

mehdi Nematbakhsh

Street address

Hezar Jarib Avenue, Isfahan University of Medical Sciences, Isfahan

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor for Research, 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

Food Security Research Center

Full name of responsible person

Dr Leila Azadbakht

Street address

Hezar Jarib Avenue, Isfahan University of Medical Sciences, Isfahan

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Food Security Research Center

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

Person responsible for general inquiries

Contact

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Zeinab Gholami

Position

MSc Student

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