

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

effect of cinnamon powder capsule on some of lipid and blood sugar profile in overweight or obese women with polycystic ovary syndrome

Protocol summary

Summary

Objective: To determine the effect of cinnamon capsules on some lipid and blood sugar in overweight or obese women with polycystic ovary syndrome in women referred to clinics affiliated to Shiraz University of Medical Sciences in 2016 this study is Controlled, single-blind randomized clinical trial Study population: All women of childbearing age (18-40 years) women with polycystic ovary who referred to clinic of Shiraz University of Medical Sciences The main inclusion criteria:want to participate in study-Study, diagnosis of polycystic ovary syndrome by a gynecologist- having a body mass index of 25 or more-the age range between18-40 do not have any previous allergy to cinnamon the main exclusion criteria do not want to continue the study-The incidence of any adverse allergic to cinnamon consumption-pregnancy sample size:62 people intervention:They were randomly divided into control and experimental groups and use three grams of cinnamon powder or cellulose as placebo capsules daily for two months.Before and after the intervention blood sample will taken to assess lipid and blood sugar profiles Consequences:Is expected to follow the consumption of cinnamon lipid and blood sugar profile levels reduced or adjusted index

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015122025618N1**
Registration date: **2016-01-25, 1394/11/05**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-01-25, 1394/11/05

Registrant information

Name

Mehrnoosh Hatamzadeh

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 3831 1946

Email address

stud2301111741@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2016-01-03, 1394/10/13

Expected recruitment end date

2016-07-03, 1395/04/13

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

effect of cinnamon powder capsule on some of lipid and blood sugar profile in overweight or obese women with polycystic ovary syndrome

Public title

the effect of cinnamon on lipid and blood sugar in polycystic ovary syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria:people who want to participate in study and full fill the informed consent form;Before choosing the sample, polycystic ovarian syndrome diagnosed by

the gynecologist based on Rotterdam criteria;people have body mass index 25 or more;people age range is between18-40;have not Previous history of allergy to cinnamon consumption;do not have hypertension;do not have diabetes mellitus;do not have cardio vascular disease;do not have hepatic disease;do not have renal disease;do not have Cerebrovascular disease;do not have Seizure disorders;do not have Increased levels of the prolactin or other endocrine disorders;do not have Hypothyroidism or hyperthyroidism;do not have adrenal disorders;do not have cancer;do not have infertility;do not have history of alcohol use or smoking;do not use hormone therapy during three months prior to study;do not use hormonal contraception during three months prior to study;do not use insulin sensitizing drug during three months prior to study;do not be during pregnancy or breast feeding period; exclusion criteria do not want to continue the study;In case of any allergic symptoms after taking cinnamon;cinnamon consumption cut and will be excluded;In the event of pregnancy;cinnamon consumption cut and will be excluded;In case of loss of any inclusion criteria drug use will be cut and people excluded from the study

Age

From **18 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **62**

Randomization (investigator's opinion)

Randomized

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

Single blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Shiraz University of Medical Sciences

Street address

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

City

Shiraz

Postal code

713451978

Approval date

2015-12-16, 1394/09/25

Ethics committee reference number

ir.sums.rec.1394.155

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

polycystic ovary syndrome

ICD-10 code

E28.2

ICD-10 code description

Sclerocystic ovary syndromeStein-Leventhal syndrome

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

body mass index

Timepoint

before intervention and after intervention

Method of measurement

Kilograms per height in square meters by the formula

2**Description**

weight

Timepoint

before study and after study

Method of measurement

kilogram by using scale

3**Description**

height

Timepoint

before intervention and after intervention

Method of measurement

centimetre by using metre

4**Description**

fasting glucose

Timepoint

before intervention and after intervention

Method of measurement

Milligrams per deciliter by use blood samples and laboratory testing

5**Description**

fasting insulin

Timepoint

before intervention and after intervention

Method of measurement

Micro units per milliliters of blood samples and laboratory testing

6**Description**

Insulin resistance

Timepoint

before intervention and after intervention

Method of measurement

by using formula

7**Description**

Oral glucose tolerance test

Timepoint

before intervention and after intervention

Method of measurement

Milligrams per deciliter by using blood sample and laboratory testing

8**Description**

Cholesterol

Timepoint

before and after intervention

Method of measurement

Milligrams per deciliter by using blood samples and laboratory testing

9**Description**

low density lipoprotein

Timepoint

before and after intervention

Method of measurement

Milligrams per deciliter by using blood samples and laboratory testing

10**Description**

high density lipoprotein

Timepoint

before and after intervention

Method of measurement

Milligrams per deciliter by using blood samples and laboratory testing

11**Description**

triglyceride

Timepoint

before and after intervention

Method of measurement

Milligrams per deciliter by using blood samples and laboratory testing

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

abdominal pain

Timepoint

before and during and after intervention

Method of measurement

Periodic follow-up by telephone call

2**Description**

itching

Timepoint

before and during and after intervention

Method of measurement

Periodic follow-up by telephone call

3**Description**

headache

Timepoint

before and during and after intervention

Method of measurement

Periodic follow-up by telephone call

4**Description**

hives

Timepoint

before and during and after intervention

Method of measurement

Periodic follow-up by telephone call

5**Description**

asthma

Timepoint

before and during and after intervention

Method of measurement

Periodic follow-up by telephone call

6**Description**

Respiratory allergies

Timepoint

before and during and after intervention

Method of measurement

Periodic follow-up by telephone call

7**Description**

diarrhea

Timepoint

before and during and after intervention

Method of measurement

Periodic follow-up by telephone call

8

Description

nausea

Timepoint

before and during and after intervention

Method of measurement

Periodic follow-up by telephone call

9

Description

heartburn

Timepoint

before and during and after intervention

Method of measurement

Periodic follow-up by telephone call

Intervention groups

1

Description

the intervention group use cinnamon powder capsules three times a day and each time two 500- milligram capsules(a total of 3 grams per day) orally for two months

Category

Treatment - Drugs

2

Description

control group use cellulose capsule three times a day and each time two 500-miligram capsules (a total of three grams per day) orally for two months

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Gynecology Clinic of Faghihi Hospital

Full name of responsible person

Doctor Fatemehsadat Najib(Gynecologist-Assistant professor)

Street address

Faghihi Hospital,Zand street,Shiraz

City

Shiraz

2

Recruitment center

Name of recruitment center

Motahari Clinic(Gynecology Clinic)

Full name of responsible person

Doctor Fatemehsadat Najib(Gynecologist-Assistant professor)

Street address

Motahari Clinic.Namazi Square,Shiraz

City

Shiraz

3

Recruitment center

Name of recruitment center

Clinic of Zeinab Hospital

Full name of responsible person

Doctor Fatemehsadat Najib(Gynecologist-Assistant professor)

Street address

Zeinab Hospital,Defamoghaddas Square,Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

shiraz universirty of medical sciences

Full name of responsible person

Vice President of Research and Technology

Street address

shiraz-zand street-Central Building of shiraz University of Medical Sciences

City

shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

shiraz universirty 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

Fatemeh School of Nursing and Midwifery, Shiraz University of Medical Sciences

Full name of responsible person

Zeinab Moshfeghy

Position

Master of Midwifery

Other areas of specialty/work

Street address

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zmoshfeghy1385@yahoo.com

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Contact

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Midwifery Students

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stud2301111741@sums.ac.irmehrnoosh.hatamzadeh
@yahoo.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