Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effects of Body Acupancture in Compared with Sham Acupancture on Blood Glucose in Overweight and Obese Patients

Protocol summary

Summary

The aim of this study is to evaluate the effect of body acupancture on Fasting Blood Glucose and Fasting Insulin levels in obese and overweight and then compare the effectiveness of real and sham acupancture on anthropometric. The subjects study were 80 person. Inclusion criteria: Subject should be obese and overweight ؛ men and women؛ aged 18-70 years and Body Mass Index over than 25. Exclusion criteria: lack of treatments of obesity with diet and acupancture in the past 2 weeks؛ lack of diabetes؛ thyroid or adrenal dysfunction. Patients received diet for a week. They were randomly assigned to 2 group. Then Acupancture was started in 8th day of diet and performed 3 sessions per week for 4 weeks. Fasting blood glucose and insulin and anthropometric indices were measured before and after the intervention. Also,glucose levels before and after the third,sixth and ninth sessions of acupancture were measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016011125967N1**
Registration date: **2016-10-28, 1395/08/07**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-10-28, 1395/08/07

Registrant information

Name

Fahime Vafisani

Name of organization / entity

Ferdosi University

Country

Phone

Email address

fahimevafisani@yahoo.com

Recruitment status

Recruitment complete

Funding source

Deputy for Research Mashhad University of Medical Sciences

Expected recruitment start date

2015-05-23, 1394/03/02

Expected recruitment end date

2015-12-11, 1394/09/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Body Acupancture in Compared with Sham Acupancture on Blood Glucose in Overweight and Obese Patients

Public title

Effects of Acupancture on Blood Glucose in Overweight and Obese Patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: aged 18-70 years؛ Body Mass Index over than 25 and participation in the study and cooperation in blood test. Exclusion Criteria: lack of treatments of obesity with diet and acupancture in the past 2 weeks؛ lack of diabetes؛ thyroid and adrenal dysfunction and coagulation disorders.

Age

From **18 years** old to **70 years** old

Gender

Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **80**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Deputy for Research Mashhad University of Medical Sciences
Street address
Ghoreshi Building, In front of the 18th Daneshgah Avenue, Daneshgah Street
City
Mashhad
Postal code
Approval date
2013-05-11, 1392/02/21
Ethics committee reference number
IR.MUMS.REC.1392.30

Health conditions studied

1

Description of health condition studied
Overweight and Obesity
ICD-10 code
E66
ICD-10 code description
Obesity due to excess calories

Primary outcomes

1

Description
Fasting Blood Glucose
Timepoint
Before the first session and after 12th session of acupancture
Method of measurement
Laboratory kit

2

Description
Fasting Insulin
Timepoint
Before the first session and after 12th session of acupancture
Method of measurement
Laboratory kit

Secondary outcomes

1

Description
Non-fasting glucose
Timepoint
Before and after the third, sixth and ninth session of acupancture
Method of measurement
Glucometer

2

Description
Waist
Timepoint
Before and after the study and sixth session of acupancture
Method of measurement
Meter inelastic

3

Description
Weight and Fat mass
Timepoint
Before and after the study and sixth session of acupancture
Method of measurement
Bioampedance

4

Description
Body Mass Index
Timepoint
Before and after the study and sixth session of acupancture
Method of measurement
Bioampedance

Intervention groups

1

Description
Patients in main group taking diet for a week the in 8th

day, period of acuapancture is started. Befor acuapancture Fasting Blood Glucose and Fasting Insulin tests were done. In acuapancture, needling the points associated with weight loss is done. After the last session again Fasting Blood Glucose and Fasting Insulin tests and measurement of anthropometric index were done.

Category

Other

2

Description

Patients in control group taking diet for a week the in 8th day, period of acuapancture is started. Befor acuapancture Fasting Blood Glucose and Fasting Insulin tests were done. In acuapancture, needling is performed in areas unrelated to weight loss. After the last session again Fasting Blood Glucose and Fasting Insulin tests and measurement of anthropometric index were done.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Reza Hospital

Full name of responsible person

Fahime Vafi Sani

Street address

Imam Reza Hospital, Doctora Crossroad, Ebnesina Street

City

Mashhad

2

Recruitment center

Name of recruitment center

Nutrition Clinic of Ghaem Hospital

Full name of responsible person

Fahime Vafi Sani

Street address

Ghaem Hospital, Taghi Abad Square, Ahmad Abad Street

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Depty for Research Mashhad University of Medical Sciences

Full name of responsible person

Dr.Mohsen Tafaghodi

Street address

Ghoreshi Building, In front of the 18th Daneshgah Avenue, Daneshgah Street

City

Mashhad

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Depty for Research Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Fahime Vafi Sani

Position

Masters Student of Nutrition

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