

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

The Effect Of Oral Of Cinnamon Extract Capsules On Metabolic And Hormonal Indices Of Women With Polycystic Ovarian Syndrome

Protocol summary

Summary

(1)Objective:The aim of this study is to determine Effect Of Oral Of Cinnamon Extract Capsules On Metabolic And Hormonal Indices Of Women With Polycystic Ovarian Syndrome(2) Design:Tis study is a triple blind randomise clinical trial and participation are divided into 2 groups(using cinnamon capsules in intervention group and using placebo cinnamon in control group).(3)population of this study:persons with polycystic ovarian syndrome (4)Inclusion criteria :Age 40-18 years; At least two years past the age of menarche;BMI greater than 19 and less than 35.(5)Exclusion criteria:happen any Side effects of oral capsules of cinnamon extract ;Change the treatment regimen.(6)Sample size: In this study 66 persons with polycystic ovarian syndrome will take part. (7) intervention:persons will divide to 2 groups (using cinnamon capsul and using placebo cinnamon) the first group will receive cinnamon extract capsule for 12 weeks(one capsule for each day) the second group will receive placebo capsule for 12 weeks(one capsule for each day).(8) Variable: metabolic and Hormonal indices are main out come variable.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016021326161N2**

Registration date: **2016-05-31, 1395/03/11**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-05-31, 1395/03/11

Registrant information

Name

Sanam Hadipoor Seyghalani

Name of organization / entity

Iran University Of Medical Sciences

Country

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Iran University of Medical Sciences

Expected recruitment start date

2016-03-20, 1395/01/01

Expected recruitment end date

2016-09-20, 1395/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect Of Oral Of Cinnamon Extract Capsules On Metabolic And Hormonal Indices Of Women With Polycystic Ovarian Syndrome

Public title

The Effect Of Oral Of Cinnamon Extract Capsules On Metabolic And Hormonal Indices Of Women With Polycystic Ovarian Syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:Age 40-18 years; At least two years past the age of menarche;BMI greater than 19 and less than 35.Exclusion criteria:happen any Side effects of oral

capsules of cinnamon extract gynecologist; Change the treatment regimen.

Age

From **18 years** old to **39 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **66**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Triple blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Iran University of Medical Sciences , School of Nursing and Midwifery, Ethics Committee

Street address

School of Nursing and Midwifery, Yasemi Rashid Street, Valiasr Street , Tehran

City

Tehran

Postal code

Approval date

2016-05-11, 1395/02/22

Ethics committee reference number

IR.IUMS.REC.1395.9311373027

Health conditions studied

1

Description of health condition studied

Polycystic Ovarian Syndrome

ICD-10 code

E28.2-E28.

ICD-10 code description

Polycystic ovarian syndrome-Primary ovarian failure - Other ovarian dysfunctionilure- Ovarian dysfunction, unspecified

Primary outcomes

1

Description

Metabolic Indices

Timepoint

Patients are tested twice for Metabolic Indices . (One day before the first day of training-one day after the final day training).

Method of measurement

sampling

2

Description

Hormonal Indices

Timepoint

Patients are tested twice for Hormonal Indices. (One day before the first day of training-one day after the final day training).

Method of measurement

sampling

Secondary outcomes

1

Description

Body Mass Index

Timepoint

Patients are tested twice for Body Mass Index . (One day before the first day of training-one day after the final day training).

Method of measurement

Scale And Tape - Measure

Intervention groups

1

Description

Using oral capsules of cinnamon extract in the intervention group

Category

Treatment - Drugs

2

Description

Using placebo in the control group

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Clinic of Akbar Abadii, Rasol, Ali Asghar, Firozgar's Hospital

Full name of responsible person

Sanam Hadipoor Seyghalani

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

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Full name of responsible person

leila Amini

Position

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Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Vice chancellor for research, Iran University of Medical Sciences

Full name of responsible person

Morteza Naser Bakhat

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Iran University of Medical Sciences, Next to Milad Tower, Hemmat Highway, Tehran

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Tehran

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, Iran 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**

Iran University of Medical Sciences , School of Nursing and Midwifery

Full name of responsible person

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MSc student of midwifery

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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