

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jun 2026

Comparison of changes in postprandial serum leptin between normal and type 2 diabetic individuals

Protocol summary

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Summary

Introduction: Leptin resistance might be intensified by insulin resistance. This vicious cycle between insulin resistance and leptin resistance may increase feeling of hunger and reduce energy expenditure and ultimately increase obesity. In this study postprandial change in leptin, insulin, glucose and lipid factors was compared between healthy subjects and patients with type 2 diabetes. Materials & methods: Six men with type 2 diabetes and seven healthy men (matched for age and sex) after 12 hours of fasting ate a same meal. Before meal and 1, 2 and 4 hours after meal, blood samples were obtained and then serum leptin, insulin, glucose and lipid factors were measured.

Recruitment status

Recruitment complete

Funding source

Ahwaz jondishapoor university of medical sciences

Expected recruitment start date

2009-08-23, 1388/06/01

Expected recruitment end date

2010-01-21, 1388/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138808182684N1**

Registration date: **2011-04-11, 1390/01/22**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-04-11, 1390/01/22

Registrant information

Name

Majid Karandish

Name of organization / entity

Ahwaz Jondishapour University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 1373 8253

Email address

Scientific title

Comparison of changes in postprandial serum leptin between normal and type 2 diabetic individuals

Public title

Comparison of changes in postprandial serum leptin between normal and type 2 diabetic individuals

Purpose

Basic science

Inclusion/Exclusion criteria

Exclusion criteria for diabetic group: no acute complications and no using insulin therapy. Exclusion criteria for diabetic group and healthy group: no any diseases.

Age

From **35 years** old to **55 years** old

Gender

Male

Phase

0

Groups that have been masked

No information

Sample size

Target sample size: 13
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ahwaz joundishapoor university of medical sciences
Street address
Ahwaz Joundishapoor University of Medical Sciences
City
Ahwaz
Postal code
Approval date
2009-10-31, 1388/08/09
Ethics committee reference number
d-88022

Health conditions studied

1

Description of health condition studied
type 2 diabetes mellitus
ICD-10 code
E11
ICD-10 code description
Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description
changes in serum leptin
Timepoint
fasting, 1, 2 and 4 h after meal
Method of measurement
ELISA

Secondary outcomes

empty

Intervention groups

1

Description
one meal after 12h fasting
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Awvaz Razi hospital
Full name of responsible person
Street address
City
Ahwaz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor of research of Ahwaz Joundishapoor university of medical sciences
Full name of responsible person
Majid Karandish
Street address
Ahwaz joundishaporr university of medical sciences
City
Ahwaz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor of research of Ahwaz Joundishapoor 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
Ahwaz joundishapoor university of medical sciences
Full name of responsible person

Dr Majid Karandish

Position

associated professor of ahwaz joundishaporr university of medical sciences

Other areas of specialty/work

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Person responsible for updating data

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ahwaz joundishaporr university of medical sciences

Full name of responsible person

Amrullah Sharifi

Position

postgraduate student of nutrition sciences

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Ahwaz Joundishapoor university of medical sciences

Full name of responsible person

Dr Majid Karandish

Position

associated professor

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