

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Study the quality improvement of working life among 25_65 years male petrochemical company employees using dietary management

Protocol summary

Summary

Objectives: To determine the quality of working life in the male employees using dietary management. This study is an interventional study with two groups (100 members in intervention group with low-calorie low-fat diet and 100 members in control group with low-calorie low-carb diet). Allocation to the groups was nonrandom. Study population: 25_65 years employees in Assaluyeh with abdominal obesity. Sampling has been done according to some matching variables (Age, sex, height, weight, prior diet). Interventions: the subjects followed a common diet food for 1_2 weeks before the intervention processes and regimes training. Then they were divided into two groups. Inclusion criteria: male; aged 25_65 years; with abdominal obesity; working in Assaluyeh; willingness to cooperate. Exclusion criteria: not be willing to cooperate; developing a particular disease. The sample size is 200 people. Interventions: providing low-calorie low-fat diet education to 100 members in intervention group and followed the low-calorie low-Carb diet education to 100 members in control group during 6 months. The primary outcome of this study was losing weight and individuals' health improvements. The final outcome was quality of working life.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017022032690N1**
Registration date: **2017-06-11, 1396/03/21**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-06-11, 1396/03/21

Registrant information

Name

Aliye Basiri

Name of organization / entity

School of Management and Medical Information,
Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2016-05-09, 1395/02/20

Expected recruitment end date

2016-11-05, 1395/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study the quality improvement of working life among
25_65 years male petrochemical company employees
using dietary management

Public title

The effect of diet on the quality of working life

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: male; aged 25_65 years; having
abdominal obesity; working in Assaluyeh; willingness to
having cooperation. Exclusion criteria: not having

willingness to cooperate; developing a particular disease.

Age

From **25 years** old to **65 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **200**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

The study is based on a dietary and questionnaire of quality of working life.

Secondary Ids

1

Registry name

–

Secondary trial Id

–

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

Street address

Vice-Chancellor for Research, Shiraz University of Medical Sciences, Zand Boulevard, Shiraz

City

Shiraz

Postal code

71348-14336

Approval date

2017-01-22, 1395/11/03

Ethics committee reference number

IR.SUMS.REC.1395.172

Health conditions studied

1

Description of health condition studied

Localized adiposity

ICD-10 code

E65

ICD-10 code description

Localized adiposity

2

Description of health condition studied

Obesity, unspecified

ICD-10 code

E66.9

ICD-10 code description

Simple obesity NOS

Primary outcomes

1

Description

Quality of working life

Timepoint

Baseline_4 months later (end of study)

Method of measurement

Walton's Quality of working life Questionnaire

Secondary outcomes

1

Description

Liver function tests (SGOT- SGPT- ALKPH)

Timepoint

Baseline_4 months later (end of study)

Method of measurement

Laboratory tests of blood samples

2

Description

Blood pressure

Timepoint

Baseline_4 months later (end of study)

Method of measurement

Millimeters of mercury using mercury manometer

3

Description

Lipid tests (CHOL- TG- HDL- LDL)

Timepoint

Baseline_4 months later (end of study)

Method of measurement

Laboratory tests of blood samples

4

Description

body mass index (BMI)

Timepoint

Baseline_4 months later (end of study)

Method of measurement

Weight (Kilogram)/ Height (Meter)_ Scale/ Measuring tape

5

Description

Weight

Timepoint

Baseline_4 months later (end of study)

Method of measurement

By weight_ Scale

6

Description

Waist

Timepoint

Baseline_4 months later (end of study)

Method of measurement

In meters_ Measuring tape

7

Description

Blood glucose level tests (FBS- BS)

Timepoint

Baseline_4 months later (end of study)

Method of measurement

Laboratory tests of blood samples

Intervention groups

1

Description

Intervention group 1: Offering low-fat, low-calorie diet :2 2-hour training sessions to transfer information in the field of nutrition for each individual according to his/her needs by nutrition expert; Calculate the energy of low-fat low-calorie diet; Changing the diet to a low-fat low-calorie diet (60% carbohydrate, 20% fat and 20% protein); Follow-up for 4 months.

Category

Lifestyle

2

Description

Intervention group 2: Offering low-carbohydrate, low-calorie diet: 2 2-hour training sessions to transfer information in the field of nutrition for each individual according to his/her needs by nutrition expert; Calculate the energy of low-carb low-calorie diet; Changing the diet to a low-carb low-calorie diet (45% carbohydrate, 35% fat and 25% protein); Follow-up for 4 months.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Mehr Petrochemical Company

Full name of responsible person

Reza Ghasemi _ Expert Nutrition Sciences_ scientist dietitian; Morteza Mansouri_ Master of Environme

Street address

Mehr Petrochemical Company, Phase 2
Petrochemical, Special Economic Zone Pars,
Assaluyeh, Bushehr

City

Assaluyeh

2

Recruitment center

Name of recruitment center

Arya Sasol Polymer Company

Full name of responsible person

Ali Zeinabi_ PHD in Nutrition_ nutritionist

Street address

Arya Sasol Polymer Company, Pars Special Economic
Energy Zone, Assaluyeh, Bushehr, Iran

City

Assaluyeh

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-Chancellor for Research of Shiraz University of
Medical Sciences

Full name of responsible person

Syed Basir Hashemi

Street address

Vice-Chancellor for Research, Shiraz University of
Medical Sciences, Zand Boulevard, Shiraz, Iran

City

Shiraz

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 of Shiraz 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

Faculty of Nutrition and Food Science _ Shiraz
University of Medical Sciences

Full name of responsible person

Mousa Salehi

Position

PHD in nutrition education_ Associate Professor

Other areas of specialty/work**Street address**

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Health Care Management & Informatics School, Shiraz
University of Medical Sciences

Full name of responsible person

Omid Barati

Position

PHD in Health Services Management

Other areas of specialty/work**Street address**

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Person responsible for updating data

Contact

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University of Medical Sciences

Full name of responsible person

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Position

PHD in Health Services Management, assistant
professor

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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