

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of flaxseed powder on levels of the glycemic indices, lipid Profile, inflammatory factors, adipocytokines and androgen profile in women with polycystic ovarian syndrome

Protocol summary

Study aim

Determination of the effect of flaxseed powder on levels of the glycemic indices, lipid Profile, inflammatory factors, adipocytokines and androgen profile in women with polycystic ovarian syndrome

Design

This is a randomized unblinded clinical trial with two parallel groups in Phase 3. In this research, 56 eligible patients referring to Polycystic ovarian syndrome were chosen purposefully and a code was allocated to each one of them. Then, patients were randomly divided into two control and intervention groups.

Settings and conduct

This study will be conducted at the Jundishapur University of Medical Sciences in Ahwaz, and the diagnosis will be done at the specialized clinic of Golestan Hospital. In this study, after sampling and randomization, the intervention group daily received 3 grams of granule powder for 3 months. Both groups interventions and control receive recommendations for lifestyle modification. At the beginning and the end of the study, fasting blood samples will be taken from patients to measure lipid profiles, glycemic, testosterone, SHBG, IL-6, hs-CRP, leptin and adiponectin.

Participants/Inclusion and exclusion criteria

Patients with polycystic ovary syndrome based on Rotterdam criteria Age 20-45 years Lack of heart disease, kidney disease, diabetes, thyroid, liver and cancer Not pregnant or pregnant. Lack of food allergy to flaxseed or other similar seeds such as sesame Failure to follow a weight loss program during the study

Intervention groups

women with polycystic ovary syndrome who receive 30 grams of flaxseed powder daily for 12 weeks.

Main outcome variables

Insulin resistance; Testosterone level; SHBG level; Leptin and Adiponectin levels

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120704010181N11**

Registration date: **2018-01-21, 1396/11/01**

Registration timing: **retrospective**

Last update: **2018-01-21, 1396/11/01**

Update count: **0**

Registration date

2018-01-21, 1396/11/01

Registrant information

Name

Fatemeh Heidari

Name of organization / entity

Ahwaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 1373 8255

Email address

haidari-f@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-11-21, 1396/08/30

Expected recruitment end date

2017-12-20, 1396/09/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of flaxseed powder on levels of the glycemic indices, lipid Profile, inflammatory factors, adipocytokines and androgen profile in women with polycystic ovarian syndrome

Public title

The effect of flaxseed powder on the treatment of polycystic ovarian syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients with polycystic ovarian syndrome BMI less than 35 kg/m²

Exclusion criteria:

Chronic diseases such as heart disease, diabetes, cancer, Thyroid gland disorders Following the weight loss program in the last 6 months. Taking any nutritional supplement Pregnancy

Age

From **20 years** old to **45 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **56**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple (assigning a person to a particular group completely randomly) using a random number table

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Ahwaz University of Medical Sciences

Street address

Golestan Highway

City

Ahvaz

Province

Khouzestan

Postal code

61357-15794

Approval date

2017-11-20, 1396/08/29

Ethics committee reference number

IR.AJUMS.REC.1396.619

Health conditions studied

1

Description of health condition studied

Polycystic ovarian syndrome

ICD-10 code

E28.2

ICD-10 code description

Polycystic ovarian syndrome

Primary outcomes

1

Description

Testosterone levels

Timepoint

At the beginning and end of the study

Method of measurement

Using ELISA Kit

2

Description

SHBG levels

Timepoint

At the beginning and end of the study

Method of measurement

Using ELISA Kit

3

Description

Serum levels of insulin

Timepoint

At the beginning and end of the study

Method of measurement

Using ELISA Kit

4

Description

Insulin resistance

Timepoint

At the beginning and end of the study

Method of measurement

Using HOMA-IR equation

5

Description

Insulin sensitivity

Timepoint

At the beginning and end of the study

Method of measurement

Using QUICKI equation

Secondary outcomes

1

Description

Grade Hirsutism Based on Freeman Galway questionnaire, Score more than 8

Timepoint

At the beginning and end of the study

Method of measurement

Based on Freeman Gallo's Questionnaire

2

Description

Menstrual Cycle

Timepoint

At the beginning and end of the study

Method of measurement

Based on individual interviews

Intervention groups

1

Description

Intervention group: Patients with polycystic ovarian syndrome who receive a daily dose of 30 grams of flaxseed for 12 weeks together with recommendations for lifestyle modification.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

کلینیک تخصصی بیمارستان گلستان

Full name of responsible person

محمد علی شیخی

Street address

اتوبان گلستان

City

Ahvaz

Province

Khuzestan

Postal code

61357-33118

Phone

+98 61 3384 3001

Email

sheikhi-m@ajums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Mohammad Badavi

Street address

Golestan Highway

City

Ahvaz

Province

Khuzestan

Postal code

61357-15794

Phone

+98 61 3336 2414

Email

badavi-m@ajums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Nasrin Banaei

Position

Master of Student

Latest degree

Bachelor

Other areas of specialty/work

Nutrition

Street address

Golestan Highway

City

Ahvaz

Province

Khuzestan

Postal code

61357-15794

Phone

+98 61 3373 8383

Email

banaei.n@ajums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Fatemeh Haidari

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nutrition

Street address

Golestan Highway

City

Ahvaz

Province

Khouzestan

Postal code

61357-15794

Phone

+98 61 3373 8317

Email

haidari-f@ajums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Nasrin Banaei

Position

Master of Student

Latest degree

Bachelor

Other areas of specialty/work

Nutrition

Street address

Golestan Highway

City

Ahvaz

Province

Khouzestan

Postal code

61357-15794

Phone

+98 61 3373 8383

Email

n.banaei@ajums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

it is not the objective of this study.

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available