

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The synergic study effect of Spinach and Okra on glucose, gerlin, introstatin and GLP-1 serum levels and the weight in obsess (BMI>27) diabetic women

Protocol summary

Study aim

The main objectives of this project: proper control of diabetes, type-2 diabetes, weight loss and reduce the need for blood sugar-lowering drugs

Design

In this research, 80 eligible patients referring to Daibet Association were chosen purposefully and a code was allocated to each one of them. Then, patients were randomly divided into two control and intervention groups. To 40 obese patients with type 2 diabetes is characterized. daily 6-4 grams of powder of dried spinach and 5 grams dried okra powder is prescribed for 3 months. to control group (40 patient) on a daily basis spinach and okra not recommended. There twice in the study sample. First introduced at the beginning of the patient and in the second study.

Settings and conduct

To 40 obese patients with type 2 diabetes is characterized. daily 6-4 grams of powder of dried spinach and 5 grams dried okra powder is prescribed for 3 months. to control group (40 patient) on a daily basis spinach and okra not recommended. There twice in the study sample. First introduced at the beginning of the patient and in the second study. Diabetes Research and Clinical Center Kermanshah University of Medical Sciences

Participants/Inclusion and exclusion criteria

Female, being obese and diabetic women with diabetes-2 ---with normal weight and males in this study are not.

Intervention groups

In the intervention group of 40 women on a daily basis spinach and okra and patient drugs according to the instructions provided and to control group (40 patient) on a daily basis spinach and okra not recommended. In the beginning, patients were randomly divided into two groups of 40 people, all sampling done at the beginning of the study and their values will be recorded. After three

months administration of a combination of spinach and okra re all samples taken and their results should be analyzed.

Main outcome variables

Loss of appetite, weight loss, reduce the severity of the disease, reducing the need for blood sugar-lowering drugs

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171205037760N1**

Registration date: **2018-01-08, 1396/10/18**

Registration timing: **registered_while_recruiting**

Last update: **2018-01-08, 1396/10/18**

Update count: **0**

Registration date

2018-01-08, 1396/10/18

Registrant information

Name

ABBAS ABBASI

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 83 3424 9909

Email address

arvinabbasi55@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-22, 1396/10/01

Expected recruitment end date

2018-03-19, 1396/12/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The synergic study effect of Spinach and Okra on glucose, gerlin, introstatin and GLP-1 serum levels and the weight in obsess (BMI>27) diabetic women

Public title

Spinach and okra role in lowering blood sugar, weight, glucose and A1c their role in appetite hormone changes in obese women with type-2 diabetes

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Diabete type-2 Female Diabete type-2 with BMI>25
Older than 20 years

Exclusion criteria:**Age**

From 20 years old

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: 80

Randomization (investigator's opinion)

Randomized

Randomization description

Patients were randomly divided into two groups

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 Kermanshah University of
Medical Sciences

Street address

Martyr Beheshti Boulevard Taleghani Hospital in front

of Building No. 2 University of Medical Sciences

City

Kermanshah

Province

Kermanshah

Postal code

6715754693

Approval date

2017-11-15, 1396/08/24

Ethics committee reference number

IR.KUMS.1396.429

2**Ethics committee****Name of ethics committee****Street address****City****Postal code****Approval date**

2017-11-15, 1396/08/24

Ethics committee reference number**Health conditions studied****1****Description of health condition studied**

Diabetes type -2

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes**1****Description**

The variables that are placed under review are as follows: 1. weight loss 2. The reduced need for blood sugar-lowering drugs (3) changes in appetite hormones

Timepoint

There twice in the study sample. First introduced at the beginning of the patient and in the second study

Method of measurement

To determine the levels of blood sugar, blood lipids and hemoglobin A1C of biochemical kits are used. To determine the amount of Homones appetite (ghrelin Antrostatin and GLP-1) of ELISA kits are used

Secondary outcomes**1****Description****Timepoint****Method of measurement**

Intervention groups

1

Description

Intervention group: 40 obese patients with type 2 diabetes is characterized. daily 6-4 grams of powder of dried spinach and 5 grams dried okra powder is prescribed for 3 months.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Diabetes Research and Clinical Training Center,
Kermanshah University of Medical Sciences

Full name of responsible person

Dr Mehr Ali Raimi

Street address

Martyr Beheshti Blvd., Taleghani Hospital Research
Center, Kermanshah University of Medical Sciences in
Diabetes Education

City

Kermanshah

Province

Kermanshah

Postal code

6715754693

Phone

+98 83 1836 2014

Email

mjavadra@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Mr Koroush Hamzei

Street address

Boulevard Taleghani Hospital Diabetes Research and
Clinical Training Center, Kermanshah University of
Medical Sciences

City

Kermanshah

Province

Kermanshah

Postal code

6715754693

Phone

+98 83 1836 2014

Email

arvinabbsi55@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kermanshah University of Medical Sciences

Proportion provided by this source

50

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Abbas Abbasi

Position

TEACHER

Latest degree

Ph.D.

Other areas of specialty/work

Medical Biology

Street address

Boulevard Taleghani Hospital Diabetes Research and
Clinical Training Center, Kermanshah University of
Medical Sciences

City

Kermanshah

Province

Kermanshah

Postal code

6715754693

Phone

+98 83 1836 2014

Email

arvinabbasi55@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Dr Mehr Ali Rahimi

Position

Teacher

Latest degree

Subspecialist

Other areas of specialty/work

Medical Education

Street address

Boulevard Taleghani Hospital Diabetes Research and
Clinical Training Center, Kermanshah University of

Medical Sciences

City

Kermanshah

Province

Kermanshah

Postal code

6715754693

Phone

+98 33 3424 9909

Email

mjavadra@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Dr Abbas Abbasi

Position

Teacher

Latest degree

Ph.D.

Other areas of specialty/work

Medical Biology

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Medical Sciences

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ARVINABBASI55@GMAIL.COM

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

In order to be transparent in the research process, the total potential data can be shared after being unidentifiable.

When the data will become available and for how long

Start the access period 6 months after printing the results

To whom data/document is available

The data obtained from this study is usable by different people.

Under which criteria data/document could be used

There is no limit to the use of the data obtained from this research.

From where data/document is obtainable

The data obtained from this study is available at the various information bulletins.

What processes are involved for a request to access data/document

Given that the data obtained from this study does not have any restrictions on the public domain information, there is no need for any specific request or process.

Comments