

# 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

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#### 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

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#### 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  
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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

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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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**Phone**

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**Email**

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**