

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparison of the Effect of Milk and Pistachio on Satiety and Weight Changes in Women With Overweight or Obesity

Protocol summary

Study aim

Comparison of the Effect of Milk and Pistachio on Satiety and Weight Changes in Women With Overweight or Obesity

Design

Randomized clinical trial: crossover

Settings and conduct

Ahwaz University of Medical Sciences After obtaining a license, the participants were randomly divided into dairy groups and nuts and they are asked to eat food as sank between 10 and 10:30. The duration of the intervention is one month and the washout period will be two weeks. The day of filling in the questionnaire they are asked to have their routine daily activity and after having spent the usual breakfast at 8:00 in the morning before 9:00 AM, go to the research center. Before and after taking milk and pistachio as a snack and every half hour, using the visual analogue questionnaire, the status of satiety will be determined. Weight variations are measured at the beginning and at the end of each intervention.

Participants/Inclusion and exclusion criteria

Inclusion: Body mass index over 25- age 18 to 55 years
exclusion: Pregnancy -Lactation -Drug use or diseases that affect metabolism-satiety and hunger-hate of milk and pistachios-The disease associated with milk and pistachios

Intervention groups

Group 1: Milk Group 2: Pistachio

Main outcome variables

satiety and weight change

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181024041448N1**

Registration date: **2018-11-06, 1397/08/15**

Registration timing: **registered_while_recruiting**

Last update: **2018-11-06, 1397/08/15**

Update count: **0**

Registration date

2018-11-06, 1397/08/15

Registrant information

Name

leila sheikhi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 83 3837 7353

Email address

lsheikhy@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-11-04, 1397/08/13

Expected recruitment end date

2018-11-10, 1397/08/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Effect of Milk and Pistachio on Satiety and Weight Changes in Women With Overweight or Obesity

Public title

"Effect of Milk and Pistachio on Satiety and Weight"

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Body Mass Index(BMI): higher than 25 Age:18 to 55 years old

Exclusion criteria:
Pregnancy Lactation Drug use and diseases that affect metabolism, hunger and satiety Hate of milk and pistachio Disease associated with milk and pistachios

Age
From **18 years** old to **55 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
For randomization, lottery was used and the subjects were divided into two groups: 1 group of milk and 2 groups of pistachio group

Blinding (investigator's opinion)
Not blinded

Blinding description
Placebo
Not used

Assignment
Crossover

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Ahvaz University of Medical Sciences

Street address
Golestan Blvd. Ahvaz Jundishapur University of Medical Sciences

City
Ahwaz

Province
Khouzestan

Postal code
15794-61357

Approval date
2018-10-23, 1397/08/01

Ethics committee reference number
IR.AJUMS.REC.1397.529

Health conditions studied

1

Description of health condition studied
Satiety and Weight Changes

ICD-10 code
E66

ICD-10 code description
Overweight and obesity

Primary outcomes

1

Description
Satiety

Timepoint
Satiety at the end of the intervention

Method of measurement
Visual Analogue Scale

2

Description
Weight Changes

Timepoint
Before and after the intervention

Method of measurement
Scales

Secondary outcomes

empty

Intervention groups

1

Description
Intervention Group1: Milk(200cc) as snack every day 10-10:30 AM for 1month/ Factory:Mahin

Category
Other

2

Description
Intervention Group2: 25 gr Pistachio as snack every day 10-10:30 AM for 1month

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Golestan Dormitory Jondishapoor University Of Medical Sciences Ahvaz

Full name of responsible person
Leila Sheikhi

Street address

Golestan Blvd. Ahvaz Jundishapur University Of
Medical Sciences

City

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Province

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Postal code

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Phone

Email

Isheikhy@yahoo.com

Web page address

Latest degree

Bachelor

Other areas of specialty/work

Nutrition

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Dr. Mohammad Badvi

Street address

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Postal code

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Email

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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

Leila Sheikhi

Position

MSc Nutrition Student, Ahvaz University of Medical
Sciences

Person responsible for scientific inquiries

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Leila Sheikhi

Position

MSc Nutrition Student, Ahvaz University of Medical
Sciences

Latest degree

Bachelor

Other areas of specialty/work

Nutrition

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Person responsible for updating data

Contact

Name of organization / entity

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

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

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